

Where shall I Send my Patient ?

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WHERE SHALL I SEND
MY PATIENT ?

A GUIDE
FOR
MEDICAL PRACTITIONERS,
AND
BOOK OF REFERENCE
TO THE
HEALTH RESORTS
AND
INSTITUTIONS FOR PATIENTS
OF GREAT BRITAIN.

Printed for
The Association of Medical Men receiving Resident Patients,
by E. J. FRAMPTON, Bournemouth.

1903.



not Acknowledged

Bodorgan Manor

Bournemouth -

Oct. 12. 1903 -

Dear Sir

Our Committee have directed me to send you a complimentary copy of a Book of Reference which we have published, and to request you to bring it before the notice of the Bristol Medical-Chirurgical Socy, and to place it in their library - Members of your Society can purchase the Book for 1/9 post-paid from, W. H. J. Frattam - 17 - The Borough - London. E.C. 2 - J. Frampton Printer. Bournemouth.

Yours faithfully

W. H. J. Frattam. M.B.
Hon. Sec.

Assocⁿ of Medical Men
receiving Resident Patients -



PREFACE.

The object of this work is to supply in a handy form as much concise information as can be obtained about (*a*) the various Health Resorts of Great Britain and the neighbouring Islands, and (*b*) the various Institutions where patients of all kinds can be treated.

By alphabetical arrangement according to Counties, and a system of Tables, an attempt has been made to make reference as easy as possible for Medical Practitioners and Consultants.

Institutions for the poor are given as well as those for the classes who can pay for their own maintenance.

A number of Hotels and Boarding Houses at Health Resorts are included, for the following reason :—A medical man, when recommending a Health Resort, may often be asked by his patient, "Where shall I stay, can you suggest any place?" On turning to the Health Resort, references will be found to Hotels and Boarding Houses in most instances, as well as to Institutions, Nursing Homes, and Houses of Medical Men who receive Resident Patients. Hitherto all such information has been scattered about in various books and "guides," but now it is hoped that by a tabulated and condensed system, the Medical Man may be able to put his finger at once on the place that he wishes to find.

Blank pages are inserted after each section, so that the reader may make notes of his experience for or against this or that place.

No foreign Health Resorts are described, for reasons which will be given at some length hereafter.

The compilers of this book have endeavoured to obtain the best information on each subject contained therein, but

do not hold themselves responsible in any way for any errors of description.

It was scarcely to be expected that the first issue would be so complete as was desired, but it is hoped that with each succeeding year, more support may be given, and that the information now lacking may be supplied.

The Compilers desire to thank all those who have so courteously sent details of the various Health Resorts and Institutions contained in this Book.

They desire also to acknowledge the great assistance they have derived from "Health Resorts of Britain," by the late Dr. Spencer Thomson, and that most excellent and instructive work, "Climates and Baths of Great Britain and Ireland," which should be studied by every medical man as a classic on the subject of the climatology of this country.

Any corrections of the present, or suggestions for future issues, will be gladly received and considered.

Bournemouth, 1903.

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PROCEDURE IN CASES OF INSANITY.

CHAPTER I.

A PRIVATE patient cannot be received and detained as a lunatic in an Asylum, or as a single patient in private care for payment, unless under a Reception Order signed by a judicial authority. No relative of the patient can make such an order. Judicial authorities are Justices of the Peace, specially appointed by Quarter Sessions and County Boroughs; County Court Judges, or Magistrates having jurisdiction where the patient is. The Order shall be obtained upon a private application, by Petition accompanied by a statement of particulars, and by two Medical Certificates.

The Petition shall be presented, if possible, by the husband or wife, or by a relative of the patient. Otherwise, reasons must be given why and under what circumstances the Petition is presented.

No person shall present a Petition unless he is 21 years old, and has seen the patient within 14 days.

The Petitioner must undertake, or specially appoint someone, to visit the patient at least once in six months.

The Petitioner must sign the Petition, and the statement must be signed by the person making it.

If the judicial authority be not satisfied with the Medical Certificates, he may, if he choose, visit the patient.

Each Medical Practitioner signing a Certificate must examine the patient separately from the other.

In cases of urgency, where it is expedient for the welfare of the patient, or the public safety, that he be forthwith placed under care and treatment, he may be placed in an Asylum or in single care, upon an Urgency

Order made, if possible, by the husband or wife, or by a relative, accompanied by one Medical Certificate. The Order may be signed before or after the medical certificate.

If an Urgency Order be not signed by husband, wife, or relative of patient, the Order shall contain a statement of the reasons why the same is not so signed, and of the connection with the patient of the person signing the Order, and the circumstances under which he signs the same.

The person who signs an Urgency Order must be at least 21 years old, and must have seen the patient within two days before signing the Order.

An Urgency Order shall remain in force for seven days from its date, and shall have annexed thereto a statement of particulars.

The Medical Practitioner, when certifying, must state facts indicating insanity observed by himself, and a Reception Order shall not be made on a certificate founded only on facts communicated by others.

The Medical Certificate accompanying an Urgency Order must state that the patient is a danger to himself or the public welfare, and must give the reasons.

A Medical Certificate must be signed (after examination of the patient) not more than seven clear days before the date of the presentation of a Petition.

A Medical Certificate may not be signed by the Petitioner or person signing the Urgency Order, or by the husband or wife, father or father-in-law, mother or mother-in-law, son or son-in-law, daughter or daughter-in-law, brother or brother-in-law, sister or sister-in-law, partner or assistant of such Petitioner or person.

One of the Medical Certificates must be signed, whenever practicable, by the usual medical attendant of the patient.

A Medical Certificate may not be signed by the Manager of the Asylum, or the person in charge of a single patient ; or by any person interested in the payments on account of the patient ; or by the regular Medical Attendant

of the Asylum where the patient is to be received, or by any relative, partner, or assistant of the same.

Neither of the persons signing the Medical Certificates in support of a Petition shall be the father or father-in-law, mother or mother-in-law, son or son-in-law, daughter or daughter-in-law, brother or brother-in-law, sister or sister-in-law, or partner or assistant of the other of them.

PAUPER PATIENTS.

A pauper is a person either in receipt of relief, or in such circumstances as to require relief. If such person be visited by a Medical Officer of a Union, at the expense of the Union, he is deemed to be in receipt of relief.

A pauper requires one Medical Certificate.

Every Medical Officer of a Union who has knowledge that a pauper within his district is deemed to be a lunatic and a proper person to be sent to an Asylum, shall within three days after obtaining such knowledge, give notice thereof in writing to the Relieving Officer of the district, or if there is no such officer, to the Overseer of the Parish where the pauper resides.

A pauper may be allowed to remain in a Workhouse as a lunatic if the Medical Officer of the Workhouse certifies that he is a lunatic, and a proper person to remain therein, and that the accommodation is sufficient for his proper care and treatment, either separate from the other inmates or with them.

A pauper may be detained as a lunatic in a Workhouse under such Certificate for 14 days from its date, and no longer, unless under order from a Justice having jurisdiction where the Workhouse is situate.

If a pauper lunatic ceases to be a proper person to be kept in a Workhouse, the Medical Officer thereof shall forthwith give notice in writing to the Relieving Officer of the Union that the pauper is a lunatic and a proper person to be sent to an Asylum.

CARE AND TREATMENT OF PRIVATE PATIENTS.

The Medical Attendant of every single patient must at the end of one month after his reception send to the Commissioners in Lunacy a report as to the mental and bodily condition of the patient. In case of using any mechanical restraint for surgical reasons or for the prevention of injury, a Medical Certificate shall be signed by the Medical Attendant describing the means used and the reasons for their use. Any unopened letters written by the patient to any Authority must be forwarded.

A Medical Practitioner who has certified a private patient shall not be the regular professional attendant of such a patient.

The Commissioners may direct how often a private patient is to be visited by a Medical Practitioner, and until such order is made such patient shall be visited once a fortnight by a Medical Practitioner not deriving, and not having a partner, father, son or brother, who derives any profit from charge of the patient.

The Medical Attendant of a private patient may be required by the Commissioners to send a report in writing as to the patient at any time, and in such form as they direct.

A Medical Practitioner may not receive more than one certified patient without a licence, unless with special permission from the Commissioners.

The necessary documents, viz., Petition, Order for Reception, Urgency Order, and Medical Certificates, can be obtained directly, or through any Bookseller, from Messrs. Eyre & Spottiswoode, East Harding Street, Fleet Street, E.C. ; or Messrs. Adam and Charles Black, 6, North Bridge, Edinburgh ; or from Messrs. Hodges, Figgis & Co., 104, Grafton Street, Dublin.

Every medical man having charge of a single patient should obtain a copy of the Rules of the Commissioners in Lunacy, from the publishers above-named. The price is 2d.

Medical Practitioners, before certifying a Private Patient, are advised to obtain from the Petitioner, or the Relatives of the Patient, an indemnification as follows:—

(1) _____

_____ of _____

_____ hereby request you to sign a medical certificate that _____ of _____ is a person of unsound mind, in accordance with your verbal report to

(2) _____ to that effect, as the result of your examination of the said _____ and (3)

_____ hereby undertake to indemnify you against all liabilities, costs, and expenses of what kind soever to which you may be rendered liable, or which you may reasonably incur in consequence of any proceedings which may be threatened or instituted against you by reason of your having signed such a certificate, if in such proceedings it shall be admitted or proved that in so doing you acted in good faith and with reasonable care in accordance with the provisions of the Lunacy Act, 1890 (53, Vict., c. 5), or if such proceedings shall be discontinued or not proceeded with.

Dated this _____ day of _____ 19____

Witness to the signature of the said _____

Name _____

Name _____

Address _____

Address _____

Occupation _____

(1) I or We.

(2) Me or Us.

(3) I or We jointly and severally.

The Manager of a licensed Private Asylum may, with the previous consent in writing of two of the Commissioners, or where the Asylum is licensed by Justices, of two of the Justices, receive as a boarder for the time specified in the consent any person voluntarily submitting to treatment (*i.e.*, without an order and Medical Certificates). After the expiration of which time (unless it be extended by further consent) he shall be discharged.

The consent of the Commissioners or Justices, as the case may be, shall be given only on application by the intending boarder. Such boarder may leave the Asylum in which he is boarder upon giving to the Manager thereof 24 hours' notice in writing.

The Office of the Commissioners in Lunacy is at 66, Victoria Street, London, S.W.

In Scotland the Petition and Statement and Medical Certificates relating to a private patient have to be presented to the Sheriff.

No person can receive a lunatic into his house for profit without an order from the Sheriff, or the sanction of the Lunacy Board, except in case of a patient who is sent under Certificate of a Medical Man or temporary leave of absence for a period not exceeding six months.

No proprietor or inmate of any private house can receive or detain therein a lunatic, although not for profit, even if the patient is one of the family and a relative of the inmate or proprietor, beyond the period of one year, the malady being such as to require seclusion, restraint, or coercion of any kind, without an order from the Sheriff, or the sanction of the Lunacy Board.

The Office of the Lunacy Board is at 51, Queen Street, Edinburgh.

ASYLUMS.

Locality.	Name of Institution.	Postal Address.	Telegrams.	No. of Patients.
Bedfordshire.	Three Counties Asylum. (Beds., Herts., Hunts.)	Arlesey, Hitchin.	Asylum, Arlesey.	1030
"	Bishopstone House, (private)	Bedford.	Bedford.	10
Berkshire.	Berks County Asylum.	Wallingford, Berks.	Asylum, Wallingford.	690
Bucks.	Bucks County Asylum.	Stone, Aylesbury.	Asylum, Stone, Aylesbury.	560
Cambridge- shire.	Cambs County Asylum.	Fulbourn Asylum, Cambridge.	Asylum, Fulbourn.	560
Cheshire.	County Asylum, Parkside.	County Asylum, Parkside, Macclesfield.	Asylum. Parkside, Macclesfield.	734
"	The Royal Asylum, Cheadle, Cheshire. (private)	Cheadle, Cheshire.	Cheadle.	370
Cornwall.	Cornwall County Asylum.	County Asylum, Bodmin.	Asylum, Bodmin.	750
Cumberland.	Cumberland & Westmorland County Asylum.	Garlands, Carlisle.	Garlands, Carlisle.	690

ASYLUMS.

If both Sexes.	Terms.	Means of Access.	Remarks.
Both.		G.N. Railway, Three Counties Station.	For terms and admission apply to the Medical Superintendent.
L'dies only.	From £4 4 0 per week.	Midland Ry. (1 hour from St. Paneras) L. & N.W. Railway Cambridge and Bletchley branch.	Telephone No. 0108, near Midland Railway Sta- tion, close to country.
Both.	No Private Patients.	G. W. Railway, Wallingford Station.	For terms and admission apply to the Clerk at the Asylum, Mr. M. Nicholls
Both.		G. W. Ry., Metro- politan Ry., L. & N.W. Ry., Great Central Railway.	For terms and admission apply to the Clerk at the Asylum, Mr. A. J. Hobley.
Both.		G. E. Ry. Cambridge Station.	No Private Patients Received.
Both.		L. & N. W. Ry., N. Stafford Ry., Great Central Ry., Mac- clesfield Station.	For terms and admission apply to the Clerk at the Asylum, Mr. J. W. Lees.
Both.	1½ guineas per week and upwards.	Nearest Stations Cheadle Junc., Cheadle Station.	
Both.		L. & S.W. Ry. G. W. Railway, Bodmin Station.	For terms and admission apply to the Medical Superintendent.
Both.		L. & N. W. R'lwy. Midland Railway. N.E. Railway, North British Ry., Carlisle Station.	For terms and admission apply to the Medical Superintendent.

ASYLUMS.

Locality.	Name of Institution.	Postal Address.	Telegrams.	No. of Patients.
Derbyshire.	Borough Asylum.	Borough Asylum, Rowditch, Derby.	Asylum, Rowditch, Derby.	326
„	County Asylum,	Mickelover, Derby.	Asylum, Mickelover.	776 Beds.
„	Wye House. (private)	Buxton, Derbyshire.	Dickson, Buxton. Telephone 130.	44
Devonshire.	County Asylum, Exminster.	County Asylum, Exminster. Devon.	Deepway, Exminster.	1210
„	Exeter City Asylum.	City Asylum, Digby's Heavitree, Exeter.	City Asylum, Exeter.	378
„	Plymouth Borough Asylum.	Plymouth Borough Asylum, Ivybridge, Devon.	Blackavon, Plymouth.	280
„	Court Hall. (private)	Kenton, near Exeter.	Kenton, Starcross.	8
„	Western Counties Asylum. Training Institution for the feeble-minded.	Starcross, Exeter.	Locke, Starcross.	270

ASYLUMS.

If both Sexes.	Terms.	Means of Access.	Remarks.
Both.		Midland, G. N., and Great Central Railways.	
Both.	No Private Patients.	Midland Railway, Derby.	
Both.	On application.	G. N. Railway, L. & N.W. and Great Central Railways.	Over 1000 feet above the level of the sea.
Both.		Exminster Station on G. W. Railway.	For terms and admission apply to the Clerk at the Asylum, Mr. F. Sanders.
Both.		Exeter Station on G. W. Railway.	For terms and admission apply to the Clerk at the Asylum, Mr. F. J. Cross.
Both.		Conveyance from Ivybridge Station on G. W. Railway.	For terms and admission apply to the Clerk at the Asylum, Mr. C. Lintern.
Ladies only.	From 3 guineas	Starcross, G. W. R. 1½ miles.	Private Asylum, limited to eight lady patients. Licensees, the Misses Mules.
Both.	Pauper patients from the four Western Counties 10/6 a week other counties 14/- Private patients acc'rding to circumstances and requirements of each case.	G. W. Railway. Institution is about 5 minutes walk from Starcross station.	In addition to ordinary School lessons the following trades are taught Males: wood carving, tailoring, shoemaking, mat, basket and brush-making, carpenting and sash-cord-making. Females: dress, straw-hat and mat-making, laundry, and domestic work.

ASYLUMS.

Locality.	Name of Institution.	Postal Address.	Telegrams.	No. of Patients.
Durham.	County Asylum.	County Asylum, Winterton, Ferryhill, Durham.	Asylum, Winterton, Ferryhill.	1459
..	Dinsdale Park. (private)	Middleton St. George, County Durham, R.S.O.	Kershaw, Middleton-one-Row.	44
Essex.	East. Counties Asylum for Idiots, Imbeciles and the feeble minded.	Colchester.	Asylum, Colchester.	250
Gloucester-shire.	Bristol City Lunatic Asylum.	City Asylum, Fishponds, Bristol.	Asylum, Fishponds.	950
..	County Asylums.	County Asylums, Gloucester.	County Asylum, Gloucester.	1100
..	Barnwood House Hospital.	Barnwood House, Gloucester.	Med. Supt., Barnwood House, Gloucester.	160
..	Fairford Retreat, Gos. (private)	The Retreat, Fairford, Gos.	Fairford	50
..	Northwoods House. (private)	Winterbourne, Bristol.	Winterbourne, Bristol.	50
Hants.	Borough of Portsmouth Asylum.	Borough Asylum, Portsmouth.	Asylum, Portsmouth.	710

ASYLUMS.

If both Sexes.	Terms.	Means of Access.	Remarks.
Both.		Sedgefield Station on N. E. Railway.	For terms and admission apply to the Clerk at the Asylum, Mr. E. Lowes.
Both.	From £2 2 0 per week.	Dinsdale Station on Stockton & Darlington Line or drive from Darlington.	Most suitable for quiet and chronic cases, who can enjoy a country life in a well appointed country mansion.
Both.	£60 per annum.	Great Eastern Railway.	Cases from the Eastern Counties are admitted free by the vote of subscribers.
Both.		Fishponds Station on Midland R'lway.	For terms and admission apply to the Clerk at the Asylum, Mr. A. Orme.
Both.		Gloucester Station on the G. W. Ry. and Midland Ry.	For terms and admission apply to the Medical Superintendent.
Both.		G. W. Railway and Midland Railway, about 2 miles from Station.	For terms and admission apply to the Medical Superintendent.
Both. 25 M. 25 F.	£4 4 0 per week.	G. W. Ry., Fairford or Cirencester.	<i>See advt. end of book.</i>
Both.	Moderate.	By rail or road from Bristol, Winterbourne and Patchway Stations.	For information apply to Dr. R. & Mrs. W. Eager.
Both.	21/- to 42/-	Portsmouth Station on L. & S. W. Ry. & L. B. & S. C. Ry.	For terms and admission apply to the Clerk at the Asylum, Mr. E. W. Rogers.

ASYLUMS.

Locality.	Name of Institution.	Postal Address.	Telegrams.	No. of Patients.
Hants.	Isle of Wight County Asylum.	Whitecroft, Carisbrooke, I.W.	Asylum, Carisbrooke.	30 private patients.
Hereford.	County and City Asylum.	Burghill, Hereford.	Asylum, Burghill.	550
Herts.	Hilfield Lodge, Aldenham, Herts. (private)	Hilfield Lodge, Aldenham, Watford, Herts.	"Brighthurst," Letchmore Heath.	13
Kent.	County Asylum.	Barming Heath, Maidstone.	Asylum, Maidstone.	1425
"	County Asylum.	Canterbury.	Asylum, Chartham.	1000
"	Redlands. (private)	Tonbridge, Kent.	Tonbridge	30
"	Tattlebury House. (private)	Goudhurst, Kent.	Evans. Tattlebury, Goudhurst. Telephone, 23 Goudhurst.	8
Lancashire.	County Asylum.	Lancaster.	Co. Asylum, Lancaster.	2065

ASYLUMS.

If both Sexes.	Terms.	Means of Access.	Remarks.
L'dies only.	25/-	Nearest Station Blackwater, L.W., $\frac{3}{4}$ mile.	Detached accommodation for lady patients in connection with a County Asylum.
Both.		Hereford Station on G. W. Railway, L. & N. W. R'lway, Midland Railway.	For terms and admission apply to the Clerk at the Asylum, Mr. H. E. Morgan.
L'dies only.	5 to 20 guineas per week,	Stations 3 m., Bushey, L. & N.W., Radlett, Midland. Telegrams, Letchmore heath; 2 lines of railway; cabs and carriages.	<i>See advt. end of book.</i>
Both.		S. E. & C. Ry.	
Both.		S. E. & C. Ry.	For terms and admission apply to the Clerk at the Asylum, Mr. N. H. Sibley.
Both.		S. E. & C. R. to Tonbridge Junction	Two comfortable houses, one for ladies, the other for gentlemen; 10 acres of grounds, &c.; particulars from Medical Superintendent.
Both.	From £5 5 0 per week.	Goudhurst Station, L. & S. E., 1 mile.	<i>See advt. end of book.</i>
Both.	14/- and 21/- per week.	L. & N. W. Ry. or Midland Railway.	For particulars apply to the Clerk at the Asylum, Mr. J. T. Cheetham.

ASYLUMS.

Locality.	Name of Institution.	Postal Address.	Telegrams.	No. of Patients.
Lancashire.	County Asylum.	Prestwich, Lancashire.	Asylum, Prestwich.	2680
„	County Asylum.	Rainhill, nr. Liverpool.	Rainhill, S.O.	2100
„	Haydock Lodge. (private)	Newton le Willows, Lancs.	Aston-in-Makerfield.	150
„	Marsden Hall. (private)	Nelson, Lancs.	Bennett, Nelson.	28
„	Tue Brook Villa. (private)	Tue Brook Villa, Liverpool, E.	Tue Brook Villa, Liverpool.	52
Leicest ^r shire.	Leicester Borough Asylum.	Borough Asylum, Humberstone, Leicester.	Boro' Asylum, Leicester.	800
Lincolnshire.	County Asylum.	Bracebridge, Lincolnshire.	Asylum, Bracebridge.	700
„	Kesteven County Asylum.	Sleaford, Lincolnshire.	Asylum, Sleaford.	420
„	The Lawn Hospital, (private)	The Lawn, Lincoln.	Lincoln.	80
London.	Bethlem Royal Hospital.	St. George's Road, London, S.E.	Superintendent, "Bethlem," London.	300

ASYLUMS.

If both Sexes.	Terms.	Means of Access.	Remarks.
Both.		Lanc. & York Ry., Prestwich Station.	For terms and admission apply to the Clerk at the Asylum, Mr. R. Coates.
Both.		L. & N. W. Ry., Rainhill Station.	Only pauper patients received.
Both.	25/- week to 6 guineas.	L. & N. W. Ry.	
M. F.	Modcrate.	Nelson, L. & Y. Railway, Colne, Midland.	
Both.	From £2 2 0 per week.	Green Lane Car or Tue Brook Station.	
Both.		L. & N. W. Ry. Midland Railway. G. N. Ry. G. Central Railway.	For terms and admission apply to the Clerk at the Asylum, Mr. E. V. Hiley.
Both.		G. E. Railway, G. N. Railway, G. Central Railway.	
Both.	£1 1 0 per week and upwards.	Sleaford Station on G. N. Railway, G. E. Railway. Runseby Station at gates.	For terms and admission apply to the Medical Superintendent.
Both.	40/- week and upwards		Reduced payments in suitable cases.
Both.	Free or two guineas a week.	Cab from London Bridge or Waterloo Stations.	For particulars apply to the Resident Physician, Theo. B. Hyslop, M.D.

ASYLUMS.

Locality.	Name of Institution.	Postal Address.	Telegrams.	No. of Patients.
London.	Camberwell House. (Licensed Hospl)	33, Peckham Road, London, S.E.	Telephone 1037, Hop.	
„	Clarence Lodge. (private)	Clarence Road, Clapham Park.	Clarence Lodge, Clapham Park.	12
„	Hendon Grove, Hendon. N.W. (private)	Hendon, N.W.	Hendon.	14
„	Northumberland House. (private)	Green Lanes, Finsbury Park, London, N.	Finsbury Park.	95
Middlesex.	Moorcroft House. (private)	Hillingdon, nr. Uxbridge.	Hillingdon.	48
„	Normansfield. (private)	Hampton Wick.	Hampton Wick.	160
Norfolk.	County Asylum.	Thorpe, Norwich.	Asylum, Thorpe.	850
„	Norwich City Asylum.	Hellesdon, Norwich.	Asylum, Hellesdon, Norwich.	320
„	Bethel Hospital for the Insane. (private)	Norwich.	Norwich.	105

ASYLUMS.

If both Sexes.	Terms.	Means of Access.	Remarks.
Both.	25/- weekly and upwards.		<i>See advt. end of book.</i>
F. only.	From 4 guineas	Clapham Rd S.E. Ry. Clapham Common Electric.	
F. only.	From 4 guineas a week.	Hendon, Midland Ry., 7 miles drive from London.	
Both.	From 2½ guineas.	Finsbury Park Station, G. N. R.	Highly situated, overlooking Finsbury Park ; consists of main building and detached villas.
	To be obtained from Resident Licensee	West Drayton Station (2 miles), G. W. R.	
	From 120 guineas.	L. & S. W. R'lwy., or by road, 12 miles from London.	Provides home and training for the mentally deficient of all ages. Separate houses for boys and girls only slightly feeble-minded or unsuited for an ordinary school.
Both.		G.E. Ry. to Norwich Station.	No Private Patients Received.
Both.		G.E. Ry. to Norwich Station. Mid. and G. N. Ry. to Hellesdon.	For terms and admission apply to the Clerk at the Asylum.
Both.	30/- per week.	G. E. Ry., Midland and G. N.	

ASYLUMS.

Locality.	Name of Institution.	Postal Address.	Telegrams.	No. of Patients.
Norfolk.	Heigham Hall, Norwich. (private)	Norwich.	Norwich.	95
Northants.	County Asylum.	Berry Wood, Northampton.	Asylum, Berry Wood, Northampton.	900
Notts.	City Asylum.	Mapperley Hill, Nottingham.	Mapperley Plains, Nottingham.	770
„	County Asylum.	Radcliffe-on- Trent, Notts.	Asylum, Radcliffe-on- Trent.	453
Oxfordshire.	County Asylum.	Littlemore, Oxford.	Sandford-on- Thames.	490
„	Warneford Asylum. (Licensed Hospital)	Oxford.	Oxford.	100
Shropshire.	Salop and Mont- gomery County Asylum.	Bicton, Shrews- bury.	Bicton, Shrews- bury.	800

ASYLUMS.

If both Sexes.	Terms.	Means of Access.	Remarks.
Both.	On application.	G. E. Ry., Midland and G. N.	
Both.		L. & N. Railway, Midland Railway.	For terms and admission apply to the Clerk at the Asylum, Mr. F. A. Robinson.
		Nottingham Stat'n on G. N. Railway, G. Central Railway, Midland Railway.	For terms and admission apply to the Medical Superintendent.
		G. N. Railway, G. N. & L. & N. W. Joint Railway, Radcliffe-on-Trent Station.	
Both.		G. W. Railway, Midland Railway. G. Central Railw'y.	
50 of each.	£2 2 0 a week.	From Paddington by G.W.Ry. $1\frac{1}{2}$ hours, L. & N.W.Ry. Cab fare fr. Ry. Station 3/-. Tramear from Station to Divinity Road, $\frac{1}{4}$ mile from Asylum.	A Registered Hospital for patients of the Educated Classes suffering from mental disorders. Managed by a body of Governors who have no pecuniary interest in its prosperity. President, the Earl of Jersey. Voluntary Boarders received under the Act. Friends of patients, when corresponding, may address, "The Warneford, Oxford."
Both.		3 miles from Shrewsbury on G. W. Railway, L. & N. W. Railway, Cambrian Railway.	For terms and admission apply to the Clerk at the Asylum, Mr. W. Johnson.

ASYLUMS.

Locality.	Name of Institution.	Postal Address.	Telegrams.	No. of Patients.
Shropshire.	Borecotton Park. (private)	Baschurch, Salop.	Baschurch.	30
Somerset.	Somerset and Bath Asylum.	Cotford, Norton Fitzwarren. Taunton.	Cotford, Norton Fitzwarren.	450
„	Somerset and Bath Asylum.	Wells.	Wells.	870
„	Bailbrook House, Bath. (private)	Bailbrook House, Bath.	Weatherly, 49 Bath, and Telephone 49.	44
„	Downside Lodge (private) <i>See advt. end of book.</i>	Downside Lodge Chilcompton, Bath.	Stratton-on-the-Fosse.	6
Staffordshire.	County Asylum. <i>1892</i>	Burntwood, Lichfield.	Asylum, Burntwood.	892 902 Beds.
„	County Asylum.	Cheddleton Leek, Staff.	Asylum, Cheddleton.	618
„	County Asylum, Stafford.	Stafford.	Asylum, Stafford.	872

ASYLUMS.

If both Sexes.	Terms.	Means of Access.	Remarks.
Both.	From 3 guineas weekly.	Basehurch, G. W. R.	Accept both certified patients and voluntary boarders.
Both.		Norton Fitzwarren Station on G.W.Ry.	For terms and admission apply to the Medical Superintendent.
Both.		Wells Station on G. W. Ry.	For terms and admission apply to the Clerk at the Asylum, Mr. J. Coates.
Both.	From £4 4 0 upwards.	Bath, 20 minutes drive from G. W. R. Midland Station.	Stands high, with lovely views and surrounded by park grounds of over 40 acres. Lambridge House Annexe, for six ladies, is a prettily situated old country house and replete with every modern comfort.
F. only.	From £130 to £150 per annum.	Chilcompton Stat'n on Somerset and Dorset Railway.	The house is licensed and is visited by Commissioners once yearly. Certificates are required.
Both.		L. & N. W. Railway.	For terms and admission apply to the Clerk at the Asylum, Mr. R. B. Smethurst.
Both.	Private Patients 15/- to £2 2 0 per week.	Leek Station on the North Staffordshire Ry.	For terms and admission apply to the Medical Superintendent.
Both.		L. & N. W. Ry., G. N. Ry., North Stafford Railway.	

ASYLUMS.

Locality.	Name of Institution.	Postal Address.	Telegrams.	No. of Patients.
Staffordshire.	Ashwood House. (private)	Kingswinford, near Dudley.	Dr. Pietersen, Kingswinford.	31
„	Coton Hill Hospital for the Insane.	Stafford.	Hewson, Coton Hill Stafford.	140
„	The Moat House. (private)	Tamworth, Staffs.	Tamworth, Staffs.	8
Suffolk.	Borough Asylum.	Ipswich.	Supt., Asylum. Ipswich.	331
„	County Asylum.	Melton Wood- bridge, Suffolk.	Asylum. Melton.	606
Surrey.	London County	Banstead Downs, Sutton, Surrey.	Belmont.	2440
„	London County Asylum.	Cane Hill, Purley, Surrey.	Purley.	2138
„	The Earlswood Asylum. The National Train- ing Institution for the feeble- minded.	Earlswood Asylum, Red- hill. Surrey.	Earlswood Asylum, Red- hill, Surrey.	600
„	Holloway Sanatorium. (private)	Virginia Water, Surrey.	Sanatorium, Staines.	400

ASYLUMS.

If both Sexes.	Terms.	Means of Access.	Remarks.
Both.	3 to 7 guineas weekly.	L. & N. W. R. to Dudley, G.W. R. to Stourbridge or Wolverhampton. Carriage meets visit'rs. Electric cars from Dudley and Stourbridge.	Weekly reports to relatives. Terms inclusive.
Both.	From 1½ guineas.	Cab from Stafford Station, L. & N. W. Ry. & G. Northern Ry., 1¼ miles.	
F.		¾ mile from Tamworth, L. & N. W. Ry. & Mid. R. Stns.	
Both.		Ipswich Station on G. E. Railway.	For terms and admission apply to the Medical Superintendent.
Both.		Melton Station on G. E. Railway.	For terms and admission apply to the Medical Superintendent.
Both.	No paying patients received.	Belmont Station on L. B. & S. C. Railway.	Clerk of Asylums Committee, R.W. Partridge.
Both.	No paying patients received.	Purley Station on L.B. & S.C. Ry.	Clerk of Asylums Committee, R.W. Partridge.
Both.	1. Free elect'n 2. Election & part paym't 3. Payment commencing at 65 gs. a year.	L.B. & S.C. Ry. Earlswood or Redhill. S.E. & C. Ry., Redhill.	Sec., Mr. H. Howard, 36, King William St., London, E.C. Medical Superintendent, Dr. C. Caldecott, Earlswood Asylum, Redhill.
Both.	From £2 12s. 6d. per week upwards.	L. & S.W. Ry., Waterloo Station (Windsor loop line).	For the treatment of the insane of the upper and upper middle classes.

ASYLUMS.

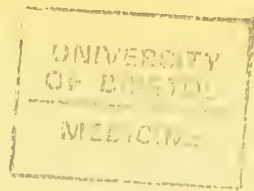
Locality.	Name of Institution.	Postal Address.	Telegrams.	No. of Patients.
Sussex.	East Sussex Asylum.	Hayward's Heath.	Asylum, Hayward's Heath.	1020
"	West Sussex Asylum.	Chichester.	Asylum, Chichester.	750
"	St. George's Retreat. • (private)	Burgess Hill.	Wivelsfield Green.	75
Warwickshire.	County Asylum.	Hatton, Warwickshire.	Hatton, Warwick.	970
"	Birmingham City Asylum.	Winson Green, Birmingham.	Asylum, Winson Green, Birmingham.	620
"	Midland County.	Knowle, nr. Birmingham.	Knowle.	78
Westmorland.	Greta Bank, Private Asylum.	Burton-in-Lonsdale, Kirby Lonsdale.	Burton in Lonsdale.	10
Wilts.	County Asylum.	Devizes, Wilts.	Devizes.	950

ASYLUMS.

If both Sexes.	Terms.	Means of Access.	Remarks.
Both.		Hayward's Heath Station on L. B. & S. C. Railway.	For terms and admission apply to the Clerk at the Asylum, Mr. G. Pursey.
Both.		Chichester Station on L. B. & S. C. Ry.	For terms and admission apply to the Medical Superintendent.
Both.	£100 to £500.	Drive $2\frac{1}{2}$ miles from Burgess Hill Station.	Roman Catholic Institution.
Both.	Private Patients from £1 1 0 per week.	Hatton Station on G. W. Railway.	For particulars apply to the Clerk at the Asylum, Mr. J. W. Mulholland.
Both.		Soho and Winson Station on the G.W. Railway.	For terms and admission apply to the Medical Superintendent.
Both.	Cases elected by subscribers £15 15 0 to £30 0 0; admission without election £35 to £60.	Knowle Station, G. W. R. Main Line, $\frac{1}{2}$ mile distant.	The Institution was founded in 1868 for the care and training of the feeble minded within the Midland Counties. President, The Rt. Hon. the Lord Leigh; House Governor & Secretary, A. H. Williams.
F.	25/- to 5 guineas.	Midland Ry. to Bentham.	
Both.	15/- to 25/-	Devizes Station on G. W. Railway.	For terms and admission apply to the Clerk at the Asylum, Mr. J. Turner. Only Wiltshire Patients received.

ASYLUMS.

Locality.	Name of Institution.	Postal Address.	Telegrams.	No. of Patients.
Wilts.	Amesbury House (private)	Amesbury, Wilts.	Amesbury.	
"	Fisherton Asylum. (private)	Fisherton Asylum, Salisbury.	Finch, Salisbury.	672
"	Kingsdown House. (private)	Kingsdown House, Box, Wilts.	Kingsdown House, Box.	20
Worcester- shire.	County and City Asylum.	Powick, Worcester.	Powick.	1200
Yorkshire.	County Boro' Asylum.	Middlesboro', Yorkshire.	Middlesboro'.	412
"	Hull City Asylum.	Willerby, Hull.	Willerby.	560
"	East Riding Asylum.	Beverley, Yorks.	Beverley.	474
"	North Riding Asylum.	Clifton, York.	Clifton, York.	700
"	South York- shire Asylum.	Wadsley, Sheffield.	Wadsley, Hillsborough.	1610
"	West Riding Asylum.	Scalebor Park, Burley-in- Wharfedale.	Burley-in- Wharfedale.	210



ASYLUMS.

If both Sexes.	Terms.	Means of Access.	Remarks.
	Four to six guineas a week.	Rail to Amesbury. L. & S.W. Ry. <i>via</i> Andover June.	
Both.	From 1 guinea per week.	Five minutes walk from L. & S. W. and G. W. R.	
Both.	From 2 guineas a week.	Box Station on G. W. R.	
Both.		Worcester Station on G. W. Railway, Midland Railway.	For terms and admission apply to the Medical Superintendent.
Both		Middlesboro' Station on the N. E. Railway.	For terms and admission apply to the Medical Superintendent.
Both		Willerby Station on the Hull, Barnsley, and West Riding Railway.	For terms and admission apply to the Secretary, Mr. W. Close.
Both		By N. E. Railway from York or Hull to Beverley Station.	For terms and admission apply to the Clerk at the Asylum, Mr. J. W. Arnott.
Both		York Station on N. E. Railway.	For terms and admission apply to the Clerk at the Asylum, Mr. C. Garrood.
Both		Wadsley Bridge Station on G. Central Railway.	
Both.	25/- per week and upwards.	Burley Station on N. E. Railway, Leeds and Ilkley Branch.	For terms and admission apply to the Medical Superintendent, or Messrs. Dixon & Horne, County Hall, Wakefield.

ASYLUMS.

Locality.	Name of Institution.	Postal Address.	Telegrams,	No. of Patients.
Yorkshire.	West Riding Asylum.	Wakefield.	Wakefield.	1865
„	The Grange. (private)	Nr. Rotherham, Yorks.	The Grange, nr. Rotherham, Yorks.	20
„	The Pleasaunce. (private)	York.	York.	22
Ireland.	Farnham House and Maryville. (private)	Farnham House, Finglas, Co. Dublin.	Dawson, Finglas, Dublin.	56
„	St. Patrick's Institution. (private)	Belmont Park, Waterford.	To postal address or through tele- phone No. 6.	42
„	Stewart Institu- tion for Imbecile Children and Hospital for Mental Diseases	Palmereton, Chapelizod, Co. Dublin.	Chapelizod.	165
Scotland.	Mavisbank House.	Polton, Mid- lothian.	Mavisbank, Polton.	54
Channel Islands.	St. Peter's Port Asylum.	St. Peter's Port, Guernsey, Channel Is.	St. Peter's Port, Guernsey.	32
„	Jersey Asylum.	Jersey, Channel Islands.	Jersey.	185
Isle of Man.	General Lunatic Asylum.	Union Mills, Isle of Man.	Union Mills.	223

ASYLUMS.

If both Sexes.	Terms.	Means of Access.	Remarks.
Both		Wakefield Station on G. N. Railway. L. & Y. Ry., Midland Ry., G. C. Ry.	For terms and admission apply to the Clerk at the Asylum, Mr. L. J. F. Watson.
L'dies only.	3 guineas a week and upwards.	Grange Lane Stn., G. C. Railway, Sheffield.	Medical Licensee in Residence ; Nat. Telephone No. 34 ; Rotherham Station, 10 mins. walk.
F. only.		G. N., N.E., Mid., L. & Y. and G. E. Ry. to York.	
30 M. 26 F.	From 25 guineas per quarter.	Cab or Car (trams to within about $1\frac{3}{4}$ miles).	For mental and nervous cases and drug addiction ; voluntary boarders taken.
Male only.	£52 a year & from that to £100.	By car ; only a $\frac{1}{4}$ of an hour from Railway Station.	The pension varies in accordance to attendance and accommodation and is exclusive of extras.
Both	Free, also payments from £5 and upwards.	Electric tram from Dublin.	
Both	Lowest 100 guineas.	Rail or 'Bus	Extensive grounds. Nervous and alcoholic patients treated.
Both		From England by steamer from Weymouth or Southampton.	For terms and admission apply to the Master, Mr. G. Robert.
Both		From England by steamer from Weymouth or Southampton.	For terms and admission apply to the Medical Superintendent.
Both		By steamer from Liverpool or Whitehaven.	For terms and admission apply to the Secretary at the Asylum, Mr. H. Cowan.

CONVALESCENT HOMES.

CHAPTER II.

THE majority of these Institutions are for the poorer classes, and persons are admitted to them by letters of recommendation from subscribers, or else by special ticket, and at reduced railway fares. The majority are at seaside places.

The large number of patients given in some cases refer to the number of patients received during one year. Information as to terms and admissions, and letters of recommendation can be obtained from the Secretary or Superintendent of each Institution.

At several of these Homes paying patients are received, at charges varying from 2/6 to £1 is. a week. Great care is required in deciding where to send convalescent patients. The natural wish to hasten convalescence after acute disease is a frequent cause of serious relapse. In the general debility that follows a fever or an acute inflammation, all the organs are enfeebled and unable to do much work without exhaustion. If a hasty attempt is made to overstimulate them, if an appetite is induced before digestive power is regained, a relapse frequently takes place, and recovery is retarded. The best convalescence must be gradual, sea and mountain air are too stimulating for such cases, and pure country air in a sunny and protected locality is the best thing for persons recovering after acute disease. Seaside and mountain districts are more suitable for invalids capable of a certain amount of muscular activity. Mountain air and scene are especially suitable for persons suffering from mental strain, and irritability, if they can stand the changes of temperature there found. The seaside is most suitable to those who require a more temperate and equable climate, especially elderly people, and those who suffer from affections of the mucous membrane.—(*Burney Yeo*).

CONVALESCENT HOMES.

Locality.	Name of Institution.	Postal Address.	Telegrams.	No. of Patients.	If both Sexes.
Berks.	St. Andrew's Convalescent Hospital.	Clewer, Windsor.	Clewer Green.	80	Both and Children.
Cornwall.	Cornwall Convalescent Home for Men.	Perranport, R.S.O., Cornwall.		20	Men
Cumberland.	Cumberland and Westmorland Convalescent Hospital.	Cumberland and Westmorland Convalescent Hospital.	Convalescent, Silloth.	760 last year. 105 beds.	Both
Derbyshire.	Derby and Derbyshire Convalescent Home.	Matlock Bank.	Matlock Bank.	30	Both
Hants.	South Coast Medical, Surgical and Convalescent Home.	60, Clarence Road, Southsea.		14 beds.	F.
Kent.	Metropolitan Convalescent Institution. Office, 32, Sackville St., W.	Walton-on-Thames, Bexhill-on-Sea, St. Leonards & Broadstairs (Children's Branch).	"Evangel," London.	521 beds in all. Over 6000 patients annually.	Both

CONVALESCENT HOMES.

Terms.	Seaside or Inland.	Means of Access.	Remarks.
Subscribers' letters for 3 weeks, £1 5 0; other payments 10/6 to 15/- per week	Inland.	Rail to Windsor, 1 mile from station	
Free on Subscriber's Nomination.	Seaside.	G. W. Railway to Newquay, Truro, or Redruth.	
6/- paid in advance first fortnight with a Subscriber's ticket, 3/- for each succeeding week.	On the banks of the Solway.	A special line conveys the patients from Silloth Station to the gates of the Convalescent Hospital free of charge	The patients are weighed on admission and when discharged. One patient gained 2 stone in 3 wks. The air here has a wonderful effect on the patients. Application for beds should be made to the Lady Supt. at the Hospital.
5/- per week from patients and recommendation or 21/- per week	Inland.	Midland Railway to Matlock Bridge.	Donors of £15 15s. or subscribers of £1 1s. annually are entitled to one recommendation, which is available for three weeks.
£1 1 0 and 12/6 per week	Seaside.	L. B. and S. C. Railway.	
Free.	Both.	Rail, Lond., Brighton, South Eastern, & Chatham, South Western.	Patients are admitted upon the recommendation of a Subscriber.

CONVALESCENT HOMES.

Locality.	Name of Institution.	Postal Address.	Telegrams.	No. of Patients.	If both Sexes.
Kent.	The Yarrow Convalescent Home for Children of the Better Class	Broadstairs. London office, 73a, Queen Victoria St., E.C.		In 1901 1039	Both Boys, 4 to 12 Girls, 4 to 16
"	St. Andrew's Convalescent Home.	Folkestone.	St. Andrew's Home.	120	Both
"	S. Michael's Home.	Westgate-on-Sea.		32	Both
Lancashire.	Southport Convalescent Hospital and Sea Bathing Infirmary.	Southport.	Southport Convalescent Hospital.	5047	Both
Lincoln.	Mablethorpe Convalescent Home.	Mablethorpe, R.S.O., Lines.	Mablethorpe.	61	30 M. 31 F.
Northumber-land.	Prudhoe Memorial Convalescent Home.	Whitley Bay, Northumber-land.	Convalescent Home, Whitley N'thumberland.	170	110 M. 60 F.
Notts.	Nottingham & Notts Convalescent Homes.	Office, Heathcote Street, Nottingham.		75	32 M. 26 F. 17 Ch.

CONVALESCENT HOMES.

Terms.	Seaside or Inland.	Means of Access.	Remarks.
5/- per week towards main- tenance and railway fare, 1/9 each way.	Seaside.	S. E. and C. Railway.	
2/6 or 10/6 weekly.	Seaside.		All communications to be addressed to the Sister Superior. No private rooms.
Subscribers Letters and 5/- weekly.	Seaside.	S. Eastern, Chat- ham and Dover Railway, 5/- return	Non-Subscribers Letters can be obtained by pay- ment of 15/- for each week.
33/- for 3 weeks.	Seaside.	L. & Y. Railway, Cheshire Lines.	No. of beds, 372.
Recommen- dation from Annual Sub- scribers and 4/- a week by patient.	Seaside.	Rail.	Home closed from Nov. 1st to April 20th.
Subscribers Admission Letters, etc.; £2 2 0 for 3 weeks.	100yds. from the sea.	Rail to Monkseaton Station; 15 minutes walk from the Station.	Climate very bracing, es- pecially suitable for con- valescents after opera- tions, etc.
Full fee 12/6, with recom- mendation 5/6	Men's & Chil- dren's, Skeg- ness; Women's Castle Doning- ton.	G.N. Railway to Skegness. Midland to Castle Donington.	

CONVALESCENT HOMES.

Locality.	Name of Institution.	Postal Address.	Telegrams.	No. of Patients.	If both Sexes.
Somerset.	Clevedon Convalescent Homes. Belmont for Women and Children. Victoria Home for Men and Boys.	Clevedon, Somerset.	Clevedon.	50	28 F. 22 M.
"	Royal West of England Sanatorium or Convalescent Home.	Weston-Super-Mare, Somerset.	Sanatorium, Weston-Super-Mare.	140 beds. 2120 annually.	M., F., and Children over 5.
Staffs.	The Sister Dora Convalescent Hospital (Memorial). (On Cannoek Chase.)	Milford, Stafford.	"Dora," Milford, Stafford.	18 beds.	9 M. and 9 Surgical Boys under 12.
"	Levett Convalescent Home.	Rugeley, Staffs.	Rugeley, Staffs.	5	W. and Girls only.

CONVALESCENT HOMES.

Terms.	Seaside or Inland.	Means of Access.	Remarks.
5/- per week with Subscribers Note, 15/- without.	Seaside.	G.W.R. Railway to Clevedon.	These Homes provide a comfortable change, with good food and pure air, for persons recovering from sickness, in a weak state of health or requiring rest. The Homes are solely for convalescents. Over 460 admissions in 1902. Total admissions over 7,000. One guinea obtains a "note," admitting for three weeks, at 5s. per week, patient's payment. All information gladly given by the Hon. Sec. and Treasurer, Rev. E. Forbes, M.A., Granard, Clevedon.
18/- per week, £1 11s. per fortnight in Summer, in Winter £1 6s.	Seaside.	Great Western, Midland, London and South Western Railways.	Temperance home; hot sea water baths; indoor and medicine with medical attendance all included in terms.
6/- per week and Subscribers Letter, £1 1 0 lasts 4 weeks.	Inland.	Station L. N. W. R. Milford & Brocton, 7 minutes walk main line.	Hospital has been opened 19 years. Men patients received from all parts of United Kingdom, Boys from the Evelina Hospital, London. Managed by Committee and Hon. Sec. and Treas.
10/6 & under weekly.	Inland.	L. & N. W. R. to Rugby.	Members G. F. S. in County, 6/-; members G. F. S. outside County, 7/6. W. A. Wetherall, Hon. Sec.

CONVALESCENT HOMES.

Locality.	Name of Institution.	Postal Address.	Telegrams.	No. of Patients.	If both Sexes.
Suffolk.	Suffolk Convalescent Home, Felixstowe.	Felixstowe, Suffolk.	Felixstowe.	62	31 M. 31 F.
Surrey.	Children's Convalescent Home.	Brighton Road, S. Croydon.		18 beds.	Both
"	The Caxton Convalescent Home.	Limpsfield, Surrey. London office, 33, Craneery Lane, W.C.		20	M. only.
"	Atkinson Morley's Convalescent Hospital.	Wimbledon, S.W.		100	50 M. 50 F.
Sussex.	Miss March's Convalescent Home.	Blackroek House, Brighton.		35	17 M., 10 F. and 8 F. out-sleeping during summer.

CONVALESCENT HOMES.

Terms.	Seaside or Inland.	Means of Access.	Remarks.
5/- per week with Subscribers Ticket, 15/- per week without, children under 12 3/6 and 10/- respectively.	Seaside.	G. E. R. to Felix- stowe Town Station.	Intended mainly for patients recovering from illness, to complete their restoration to health and for whom the Medical Authority prescribes sea air, sea bathing and careful diet.
Letter and 2/6 per week.	Country.	Rail and Tram.	Nearest Station, Purley Oaks. Sec., Miss Smith, Dalkith, Wellesley Rd, Croydon.
Free Letters to 2 guinea Subscribers.	Inland.	L. B. & S. C. Ry. and South-Eastern Railway.	Supported entirely by voluntary subscribers. Open to all connected in any capacity with printing and publishing. Locality described by Dr. Black of Charing Cross Hospital as the Riviera of England.
	Inland.	Rail from Waterloo.	For patients from St. George's Hospital, London, only.
Subs. of 2 guineas entitles Subscribers to 2 letters on payment of 3/- a week, non-subscribers 10/- a week.	Seaside.	London, Brighton and South Coast.	This Home is for poor people recovering from illness.

CONVALESCENT HOMES.

Locality.	Name of Institution.	Postal Address.	Telegrams.	No. of Patients.	If both Sexes.
Sussex.	Police Convalescent Seaside Home.	Portland Road Hove, Brighton.	Police Home. Hove.	36 ordinary 50 when quite full.	Police men
"	S. John's Home for Convalescent and Crippled Children, Kemp Town, Brighton.	S. John's Home, Kemp Town, Brighton.		30	Boys from 3 to 6. Girls from 3 to 12.
"	The Railway Mission Convalescent Home.	West Hill, St. Leonards-on-Sea.	Railway Home.	40	Railway men only.
"	Thos. Banting's Memorial.	Worthing.		11 all one time.	F. only.
Worcestershire.	Birmingham and Midland Counties Sanatorium.	Blackwell, nr. Bromsgrove.	Dinstall, nr. Bromsgrove.	1329 80 beds.	Both
"	"The Manchester Unity Odd-fellows" Midland Counties Convalescent Home.	The Home, Bewdley, Worcestershire.	The Home, Bewdley.	24 beds.	M. only.

CONVALESCENT HOMES.

Terms.	Seaside or Inland.	Means of Access.	Remarks.
8s. a week with Med. Certificate.	Seaside.	Return monthly ticket 5/- from London Bridge, Victoria or Clapham Junction, L. B. S. C. Co.	Open to all police officers of any rank and of any Force approved by the Commissioners of the Metropolitan and City Police and other Forces, who are Vice-Presidents
Admission free by Subscribers' Letters or on payment of 9/- weekly.	Seaside.	By rail to Kemp Town Station.	
With Letter (£1 1 0), 5/6 per week, without letter 12/6 per wk.	Seaside.	L. B. & S. C. Ry. and S. E. C. Ry. Stations within 5 minutes walk.	Hon. Supt., Miss F. J. Dolby.
Free.	Seaside.		Endowed Convalescent Home. Selection by Trustees.
Subscribers or a special ticket; £1 1s. each entitles to 14 days summer or 21 days winter	Inland.	Close to Blackwell Station, Midland Railway.	The relief of such convalescents and debilitated persons of both sexes as require pure air, rest and a nourishing diet for their recovery, but cannot obtain these benefits wholly at their own expense.
8 pence per annum.	Inland.	G. W. R.	Members of the Manchester Unity only, within a radius of 50 miles of Birmingham and 30 miles of Bewdley. Secretary, J. Faulkner, 47, City Road, Birmingham.

CONVALESCENT HOMES.

Locality.	Name of Institution.	Postal Address.	Telegrams.	No. of Patients.	If both Sexes.
Yorks.	Convalescent Hospital, Cookridge, nr. Leeds.	Convalescent Hospital, Cookridge, nr. Leeds.	Horsforth.	1357	Both
"	Semon's Home, Ilkley.	Matron, Semon's Home, Ilkley.	Semon's Ilkley.	Last year 1088	Both and Children over 10 years.
"	The Home of the Good Samaritan	Convalescent Home, Redcar.	Postlethwaite, Redcar.	156	Both and Children.
"	Yorkshire Convalescent Home for Ladies.	S. Martin's Lodge, South Cliff, Scarborough.	S. Martin's Lodge, Scarborough.	30	F.
Wales.	The Sanatorium and Convalescent Home for Women.	5, Clonnel St., Llandudno.	Same as postal address.	24	No.
Scotland.	Queensberry House and Queensberry Lodge.	Edinburgh.	Queensberry House and Lodge.	300 and 35	Both F.
"	Glasgow Convalescent Home.	Lenzie, N.B.		About 80	Both.

CONVALESCENT HOMES.

Terms.	Seaside or Inland.	Means of Access.	Remarks.
21/- for a 3 weeks recom- mendation.	Inland.	$\frac{3}{4}$ of a mile from Horsforth Station, N. E. Railway.	Patients admitted by Subscribers' recom- mendation are quite free of charge.
12 6 a week.	Inland.		Medical Certificate and Certificate of Respecta- bility required.
Annual sub- scription of £2 2 0.	Seaside.		A Subscriber's ticket of two guineas admits a patient for one month, and includes medical attendance, salt water baths and laundry. No cases of phthisis ad- mitted.
15/- a week.	Seaside.	N. E. R.	For ladies of small means requiring rest.
With a Nom- ination 6/- per week, 15/- without.	Seaside.	L. & N.W.R.	Patients suffering from the following not ad- mitted ; —(1) Fits ; (2) Unsound Mind ; (3) Sore Wounds ; (4) Ph- thisis. Patients must be over 15 years of age.
4/6 to 10/- per week, £50 to £100.	Inland.	$\frac{1}{2}$ mile from Waverley Station.	
Free on Sub- scriber's Nomination.	Inland.	By rail to Lenzie Junction from Glasgow.	Secretary, R. G. Ross, Office of the Home, 65, Bath Street, Glasgow.

CONVALESCENT HOMES.

Locality.	Name of Institution.	Postal Address.	Telegrams.	No. of Patients.	If both Sexes.
Scotland.	West of Scotland Convalescent Seaside Homes.	Office of the Homes, 4, Hanover Street, Glasgow.	Hilhouse, 4, Hanover Street, Glasgow.	250	Men, Wm'n Boys, Girls.
..	Northern Counties' Convalescent Home.	Tradespark, Nairn, N.B.	Nairn, N.B.	9 beds.	Both

CONVALESCENT HOMES.

Terms.	Seaside or Inland.	Means of Access.	Remarks.
Free by Sub- scriber's Nomination.	Seaside.	From Glasgow or Paisley, Railway or Steamer, at reduced fare.	Secretary, Robert Hill- house, Office of the Homes, 4, Hanover Street, Glasgow.
Nomination £1 1 0 ad- mits free for 14 days.	Seaside.	Rail to Nairn Station.	

Institutions for the Blind.

CHAPTER III.

THESE Institutions are all more or less charitable. General education is taught as well as physical culture.

It cannot be too widely known that many persons are blinded every year by diseases which are preventable and curable. The most destructive of these diseases is Ophthalmia Neonatorum. Nearly one-third of the inmates of Institutions for the Blind are due to this cause. The disaster usually arises through ignorance of the danger and delay in obtaining medical treatment. This form of Ophthalmia is due to the injection of the baby's eyes with irritating matter during or very soon after birth. By careful and prompt treatment of this affection many a case of blindness may be prevented (*Priestly Smith*). This Ophthalmia has been now almost banished from Maternity Hospitals by the routine practice of dropping into the eyes of every infant immediately after birth, one drop of a 2 per cent. solution of nitrate of silver.

Forms of application for admission may be obtained from the Secretary of each Institution. Applicants for admission are eligible until the age of 21, and must be totally blind, or unable to read ordinary books, and must be free from mental or bodily defect, which would prevent them receiving instruction or following some useful occupation.

INSTITUTIONS FOR THE DEAF AND DUMB.

These are mostly Public Institutions, supported by voluntary subscriptions, and are for the purpose of educating and training deaf mutes, and to provide a home for those deaf mutes who are incapable of doing anything towards their own maintenance.

Inmates are admitted free by subscribers' votes, or on an annual payment.

Forms of application may be obtained from the Secretary.

INSTITUTIONS FOR THE BLIND.

Locality.	Name of Institution.	Postal Address.	Telegrams.	No. of Patients.	If both Sexes.
Lancashire.	Homes for the Blind for North and East Lancashire.	Fulwood, Preston.	Blind, Preston.	48	Both
„	Harris' Orphanage, Preston.	Fulwood, Preston.	Orphanage, Preston.	120	Both
London.	Royal Normal College for the Blind.	Upper Norwood, London, S.E.	Brailist, London.	160 Staff 50	Both
Nottingham.	Midland Institution for the Blind.	Nottingham.	Blind. Nottingham.	50	Both
Surrey.	The School for the Blind.	Leatherhead, Surrey.	“Lux,” Leatherhead.	200	Both
Warwickshire.	The General Institution for the Blind.	Edgbaston, Birmingham.	Telephones 450 and 3187 (Birmingham).	116 Boarders, 65 Day Workers.	Both

INSTITUTIONS FOR THE BLIND.

Terms.	Seaside or Inland.	Means of Access.	Remarks.
£20.	Inland.	Preston Central Station.	Vacancies for 1 girl and 2 boys.
By election.	Inland.	Preston Central Station.	
£35 to £80 per annum.	Inland.	Train to Crystal Palace.	
£25 per annum.	Inland.	Midland, G. N., G. C. Railways.	To provide a thorough Technical and Manual Training to Blind Per- sons, with a view, on sight failing, of fitting them as far as possible for gaining their own living.
£30 a year.	Inland.	Leatherhead on L. & S. W. R. and L., B. & S. C. Ry.	The largest School for the Blind in the World.
£21 for board lodging, edu- cation and clothing.	Inland.	G. W. R., L. & N. W., M. Ry.	This Institution is not a Hospital or Home, but a Training School for the Young Blind and workshops for the adult and able-bodied Blind. There is also an Adult Blind Home Teaching Branch benefiting about 400 blind persons in their own homes.

INSTITUTIONS FOR THE DEAF AND DUMB.

Locality.	Name of Institution.	Postal Address.	Telegrams.	No. of Patients.	If both Sexes.
Lancashire.	Royal Schools for the Deaf and Dumb.	Old Trafford, Manchester.		200	Both
London.	British Asylum for Deaf and Dumb Females.	Lower Clapton, London, E.		34	F. only from 10 years upwards
Northumberland.	Northern Counties' Institution for the Deaf and Dumb.	North Road, Newcastle-on-Tyne.	Deaf Institution, Newcastle.	162	Both
Scotland.	Glasgow Deaf and Dumb Institution.	Queen's Park, Glasgow.	Glasgow.	160	Both

INSTITUTIONS FOR THE DEAF AND DUMB.

Terms.	Seaside or Inland.	Means of Access.	Remarks.
£24.	Inland.	Train to Manchester, then on to Old Trafford, train and car, 2 miles.	Children must be presented for examination before admission; forms of application forwarded on enquiry. W. Nelson, Head Master.
Free election by Subscribers or by an annual payment.	Inland.	Clapton Station on G. E. Railway.	The Institution is for the care and education of poor and ignorant deaf-mute females.
£24 per annum.	Inland.	Train to Newcastle.	
Parlour Boarders £30 per annum, ordinary £15 per annum.	Inland.	Rail, Car or Cab.	A Public Institution for the Deaf Children of Glasgow and the West of Scotland. Supported by subscriptions, endowment, legacies, Govt. Grant, and payments.

Homes for Defective Children.

CHAPTER IV.

AT these homes children of the upper and middle classes are received, who require (in consequence of retarded mental development) special education under medical supervision, and skilled nursing care. Kindergarten and physical training is carried out, as well as workshop and outdoor employments for the elder pupils. There are also various recreations.

HOMES FOR EPILEPTICS.

These homes are for the care and treatment and employment of Epileptics. Here they enjoy the advantages of regular life with healthy surroundings, with education and training under the supervision of a trained staff. The following classes are ineligible. (1) Those who are mentally or morally incapable of benefiting by the mode of life at the Home. (2) Those liable to outbreaks of insanity, or excessive irritability, so as to be a danger or an annoyance to their fellows. (3) Those who through physical disablement or extreme infirmity are unfit for occupation, and unable to dress themselves or attend to their personal wants. (4) Those who are suffering from any disease which renders them unsuitable for the Home.

All applications for admission must be made upon forms which can be obtained from the Secretary of each Home, at the address given on the adjoined table. The age and sex must be stated, also if the intention is to apply for admission at a reduced rate. Applicants in or near London must attend at the office for examination by the Medical Committee. These rules specially apply to the Colony at Chalfont St. Peter. An applicant who cannot make the necessary payments must be maintained by the Guardians of the parish in which he resides. All applicants are required to be total abstainers

HOMES FOR DEFECTIVE CHILDREN.

Locality.	Name of Institution.	Postal Address.	Telegrams.	No. of Patients.	If both Sexes.
Essex.	Home for Feeble-Minded Boys.	Boys' Home, Upshire, Waltham Abbey, Essex.	The Home, Upshire.	20	Boys only.
Somerset.	Home for Ladies of Weak Intellect Children or Adults.	Miss Page, Downside Lodge, Chilcompton, Bath.	Stratton-on-the-Fosse.	6	F. only.
"	Magdalen Hospital School.	Rock Hall House Coombe Down, Bath.	Coombe Down.	27	Both
Surrey.	Ancaster House.	Richmond Hill, Surrey.	Ancaster House, Richmond-on-Thames.	10	Both
"	Winchester House.	Kingston Hill, Surrey.	Kingston Hill, Surrey.	12	Both
"	" Woodfield."	Woodfield, Woodfield Avenue, Streatham, Surrey.	Woodfield, Streatham.	20	Both

HOMES FOR DEFECTIVE CHILDREN.

Terms.	Nearest Town.	Means of Access.	Remarks.
0/- per week	Waltham Cross.	4 miles from Waltham Cross Station, G. E. Railway.	Boys Branch of the National Association for Promoting the Welfare of the Feeble-Minded. London Office:—Office No. 44, at 53, Victoria St., London, S.W.
From £130 to £150 per annum.	Shepton Mallet 6 miles, Bath 14 miles.	Railway, Somerset and Dorset Line to Chilcompton Station.	The House is licensed and is visited by Commissioners once yearly. Certificates are required
£50 per annum.	Bath.	G. W. Railway, $1\frac{1}{2}$ miles to the School.	School for Weak-minded and Imbecile Children under the age of 16. Some few are taken at lower terms according to arrangement.
150 to 200 guineas per annum.	Richmond, Surrey.	10 mins. by cab from Richmond Station, L.S.W. Ry and Dist. Metrop. Railway.	Home School for select children of retarded or peculiar mental development, not certifiable as imbeciles.
£100 per annum.	Richmond.	Norbiton Station, South-Western Ry, $\frac{3}{4}$ mile distant.	The Institution receives weak-minded boys and girls for care, education and training, under medical direction. A physician resides in the house
From £100.	Streatham.	Streatham Hill Station, Main Brighton Line.	Large house, 20 acres of grounds. A training School, under Medical Supervision, for backward and feeble-minded children. Established 12 years.

HOMES FOR EPILEPTICS.

Locality.	Name of Institution.	Postal Address.	Telegrams.	No. of Patients.	If both Sexes.
Bucks.	National Society for Employment for Epileptics.	The Colony, Chalfont-St.-Peter, Bucks. London Office: 12, Buckingham St., Strand, w.c.	Colony, Chalfont-St.-Peter.	172	Both
Hants.	St. Luke's Home for Epileptic Churchwomen.	36, Parkwood Road, Bourne-mouth.	St. Luke's, Pokesdown.	20	F. only over 16 years.

HOMES FOR EPILEPTICS.

Terms.	Nearest Town.	Means of Access.	Remarks.
10/- a week.	Rickmansworth.	4 miles from Rickmansworth Station, 8 miles from Slough	Also a home at the same address for convalescent, holiday and other temporary cases (males only). Terms 12/6 a week. Imbeciles or insane patients are not eligible for any of this Society's Homes.
12/6 weekly.	Bournemouth.	Pokesdown, L. & S. W. Ry.	The Sisters appeal for help to purchase this Home, cultivate their land, and to build in the future.

Institutions for Idiots & Imbeciles.

CHAPTER V.

PATIENTS are usually admitted to these Institutions by (1) Free Election, (2) Election and part payment, or (3) by annual payment. For paying patients the terms vary from £35 upwards, according to the requirements of the case. For terms and admission, application must be made to the Secretary of each Institution. The patients are taught all kinds of trades and handicrafts, besides having such intellectual training as they are found capable of.

Idiots and Imbeciles are included under the term 'Lunatic,' and are certifiable, and in the case of paupers, with the consent of the Local Government Board may be sent by Guardians to an asylum or establishment for idiots; private cases must be certified in the same way as other insane persons.

HOMES FOR INCURABLES.

These Homes are for the reception and care of persons suffering from chronic and incurable disease, who are on that account excluded or discharged from general Hospitals. Though many of these patients are beyond hope of ultimate recovery, yet medical skill and careful nursing, with good food and ventilation, such as they cannot get at their own homes, will always relieve suffering; while some cases can be successfully treated by being under care for an indefinite period. As a rule the following cases are not eligible, cancer, phthisis, epilepsy, hydrocephalus, mental derangement or deficiency, all infectious cases, and cripples not requiring surgical treatment. Such cases only are eligible as have been rejected or discharged from a General Hospital, or can be shown to be unfit for treatment in such Hospitals. Applications for admission must be accompanied by a medical certificate, and a guarantee from a responsible Governor or Subscriber. Information as to vacancies and admission can be obtained from the Secretary.

INSTITUTIONS FOR IDIOTS & IMBECILES.

Locality.	Name of Institution.	Postal Address.	Telegrams.	No. of Patients.	If both Sexes.
Devon.	Western Counties' Asylum. (Training Institution for the Feeble-minded.)	Starcross. Exeter.	"Locke." Starcross.	270	Both
Essex.	Eastern Counties' Asylum for Idiots, Imbeciles and the Feeble-minded.	Colchester.	Asylum, Colchester.	250	Both
Surrey.	Earlswood Asylum. The National Training Institution for the Feeble-minded.	Earlswood Asylum, Redhill, Surrey.	Earlswood Asylum, Redhill.	600	Both
Warwickshire.	Midland Counties' Asylum.	Knowle, nr. Birmingham.	Knowle.	78	Both

INSTITUTIONS FOR IDIOTS & IMBECILES.

Terms.	Nearest Town.	Means of Access.	Remarks.
Pauper patients from the 4 Western Counties 10/6 per week, other Counties 14 -, private patients according to the circumstances and requirements of each case.	Starcross.	G. W. Railway, Institution about 5 minutes walk from Starcross Station.	In addition to ordinary school lessons, the following trades are taught —Males: Wood-carving, Tailoring, Shoemaking, Mat - making, Basket-making, Brush-making, Carpentering and Sash-cord Making. Females: Dressm'king, Straw-hat Making, Mat-making, Laundry and Domestic Work.
£60 per annum.	Colchester.	Great-Eastern Railway.	Cases from Eastern Counties are admitted free by the votes of Subscribers.
(1) Free election, (2) Election and part payment, (3) Payment commencing at 65 guineas a year.	Redhill.	L. B. & S. C. Ry., Earlswood & Redhill, S. E. & C. Ry., Redhill.	Secy., Mr. H. Howard, 36, King William Street, London, E.C.
Cases elected by Subscribers £15 15s. to £30, admission without election £35 to £60.	Birmingham.	Knowle Station, G. W. R., Main Line $\frac{1}{2}$ mile distant.	The Institution was founded in 1868 for the care and training of the feeble-minded within the Midland Counties. President, the Lord Leigh. House Governor and Secretary, A. H. Williams.

HOMES FOR INCURABLES.

Locality.	Name of Institution.	Postal Address.	Telegrams.	No. of Patients.	If both Sexes.
Lancashire.	Home for Female Incurables.	96, Upper Parliament Street, Liverpool.	Princess Road Post Office.	58	F.
"	Northern Counties' Hospital for Incurables.	Mancoeth, Heaton Mersey. Branch Home for Females, Walmersley House, Bury, Lancs.	Heaton Moor. Walmersley nr. Bury.	114	Both
London.	Cheyne Hospital for Sick and Incurable Children.	Cheyne Walk, Chelsea, London, S.W.		50	Both
Northumberland.	St. Mary Magdalene Home for Incurables.	Newcastle-on-Tyne.		Open for 58. 72 beds.	Both

HOMES FOR INCURABLES.

Terms.	Nearest Town.	Means of Access.	Remarks.
Variable.			A few beds for cancer cases.
Free by election and on payment of 1 guinea per week.	Manchester.	Train to within a mile of either place.	
	Bury.		
4/- per week.	London.		The Hospital is devoted to the Treatment of the Children of the deserving Poor, suffering from Disease which is Incurable or which requires for its permanent relief or cure a longer time than can be spared to such cases in General Hospitals. Pauper children (that is, children to be paid for, either wholly or in part, by the Guardians, directly or indirectly) are also inadmissible.
	Newcastle.		This is an endowed charity. Only local patients admitted by application to the Committee Clerk, Town Hall. It is under the management of the Corporation "Schools and Charities Committee." No report published.

Homes for Inebriates.

CHAPTER VI.

PERSONS addicted to inebriety can be admitted to these homes voluntarily, or else must sign a form expressing a wish to enter the Home. This can be done at his own house or at the Home, if notice be first given. The application must be accompanied by a statutory declaration of two persons that the applicant is an habitual inebriate, and his signature must be attested by two Justices of the Peace. After admission, the applicant must not leave till the expiration of the term stated in the application, such term not to exceed 12 months. A short period of residence in a Home is of little avail. Inebriates should stay at least one year, till they have become thoroughly affected by the favourable surroundings and the careful physical and moral treatment carried out at these Homes. Hereditary cases should especially be induced to go early to these Homes, as they are the most difficult to treat otherwise. The so-called drug 'cures' for alcoholism are not to be depended on.

By the Act of 1902 any person found drunk anywhere (except in a private house) may be arrested, whether disorderly or not, if he appears to be unable to take care of himself, and dealt with according to law; and if he be in charge at the time of a child under 7 years of age, he is liable to a fine of 40s. or a month's imprisonment. The sale of liquor is prohibited to a habitual drunkard for the space of 3 years after a conviction. The particulars of all convicted habitual drunkards are sent to the police authorities, license holders, and secretaries of clubs. Medical practitioners should impress these laws strongly on any case of inebriety that comes under their care.

Homes, in addition to those in the tables, are, for men, Weir Hall, Upper Edmonton, London; home for men, 100, High Street, Dover; Tower House, Westgate-on-Sea; Street Court, Kingsland R.S.O., Herts; Plas-yn-Dinas, Dinas Mawddy, Merioneth; Victoria Home, Thundersley; Essex; The Salvation Army Industrial Land Colony. For women; Hillside, Guisborough; Malling, Lancaster; The Grove Retreat, Fallowfield, Manchester; St. Helen's Tower, Clarendon Road, Southsea; Temperance Home, Brownsland Peebles. N.B.—For terms and admission apply to Mr. F. Dymond, 15, Devonshire Street, London.

HOMES FOR INEBRIATES.

Locality.	Name of Institution.	Postal Address.	Telegrams.	No. of Patients.	If both Sexes.
Devon.	Temple Lodge, C.E.T.S. Home for Women Inebriates.	Temple Lodge, Castle Road, Torquay.		22	F.
Gloucestershire.	"Dunmurry."	Goodeve Road, Sneyd Park, nr. Clifton, Glo's.	Dunmurry, Rockleaze, Bristol.	6	3 of each sex.
Herts.	Buntingford House Retreat. (<i>See Advt., end of Book</i>).	Buntingford, Herts.	Superintendent, Hillside, Buntingford.	35	M. only.
"	Dalrymple Home.	Rickmansworth, Herts.	Cedars, Rickmansworth.	20	M. only.
Leicestershire.	Capel Lodge Retreat and Home.	Capel Lodge, nr. Folkestone.	Capel Lodge, nr. Folkestone.	16	M.
Derbyshire.	Vergmont Sanatorium, 2, Mill Bank, West Derby, Liverpool	Vergmont Sanatorium, West Derby, Liverpool	Vergmont, West Derby.	22	F.
Leicestershire.	Melbourne House.	Melbourne House, Dane Hills, Leicester.	"Medical, Leicester."	10	Ladies
"	Tower House, Leicester.	Tower House, Avenue Road, Leicester.	Theobald, Leicester.	16	Ladies only.

HOMES FOR INEBRIATES.

Terms.	Nearest Town.	Means of Access.	Under Acts or privately.	Remarks.
7/6 and 21/- weekly.	Torquay.	Rail to Torquay, G.W.R.	About to be certified as Licensed Retreat.	Apply to Mrs. Erskine, Hon. Sec. Mapleton, Torquay
From 4 guineas upwards according to length of residence, &c.	Clifton.	Clifton Down Station, $1\frac{1}{4}$ mls. or Bristol Jnt. Statn., $3\frac{1}{2}$ mls.	Privately.	None but gentlefolk received.
$1\frac{1}{2}$ to 3 guineas.	Buntingford.	By G.E. Ry. from Liverpool Street Station also from St. Pancras.	Under the Acts and privately.	350ft. above sea level, very healthy and secluded and quite in the country. Electric light throughout. Nearly 11 acres. Healthy employment and recreation.
£2 2 0 to £4 4 0.	Rickmansworth.	L. & N.W. Ry., Metropolitan Railway.	Under Acts and Privately.	Only alcohol and drug inebriates received.
£3 3 0 to £5 5 0.	Folkestone	Cab.	Both.	
From 30/- to £5 per week.	Liverpool.	Edge Hill Station, Lime St. Station, West Derby Station.	Privately.	A few working cases are admitted from 10/- per week.
$2\frac{1}{2}$ to 4 guineas.	Leicester.		Both.	Superior Home for Ladies.
$2\frac{1}{2}$ to 4 guineas.	Leicester.	Midland, L. & N.W., Great Central, Great Northern.	Private.	(See Advt., end of Book).

HOMES FOR INEBRIATES.

Locality.	Name of Institution.	Postal Address.	Telegrams.	No. of Patients.	If both Sexes.
London.	Northlands Retreat.	Northlands, 10 and 12, North Street, Wandsworth.		18	F. only.
..	Norwood Sanatorium.	Upper Norwood, S.E.		12	Both
..	St. Veronica's Retreat, Chiswick, W.	Chiswick, London, W.	Veronica, Chiswick.	70	F. only.
Norfolk.	Hamond Lodge, C.E.T.S. Home.	Terrington St. Clement, King's Lynn, Norfolk.	Terrington, Lynn.	Room for 30 At present 20	F. only.
Staffordshire.	Corngreaves Hall Retreat.	Cradley Heath (Staffs.)	Broscomb, 29, Alcester Road, Moseley.	32	F. only.
Surrey.	(1) Duxhurst Manor for Ladies. (2) Cottage and Intermediate.	Duxhurst, Reigate, Surrey.	Duxhurst, Horley.	(1) 7 (2) 63	F. only.
..	Glendalough.	1, Morland Rd., Croydon.	Hobson, Croydon.	6	F.

HOMES FOR INEBRIATES.

Terms.	Nearest Town.	Means of Access.	Under Acts or privately.	Remarks.
From 1 to 2½ guineas a week.	Wandsworth.	Clapham Junction.	Under the Act and privately.	Resident Licensees. The Misses Round.
2½ to 6 guineas per week.		S.E. & C.R. and L.B. & S.C. Ry. to Crystal Palace Stations	Privately.	Course of treatment 6 weeks or 13 weeks. No restraint necessary. Large, beautiful and strictly private and secluded grounds.
From £4 4s. to 10/6 per week.		Turnham Grn. Station.	40 under Acts and private.	This Retreat is under the charge of the Sisters of Nazareth and is the only Catholic Retreat in England.
(1) £1 1s., (2) 12/- to 15/-, (3) 6/- to 7/6, 3 grades of patients.	King's Lynn.	G.E. Ry. to Lynn.	Licensed for 10 under the Act, the rest privately.	All advert'ng is done from the centre. Secretary, Mr. F.E. Eardley Wilmot, 4. Sanctuary, Westminster.
25/- to 7/6 weekly.	Birmingham.	G.W. Ry. to Cradley Statn.	Under Act.	Under management of the Worcester Diocesan C.E.T.S.
(1) 2 to 3 gns. weekly, (2) 7/6 to 22/6.	Reigate, 4 miles.	Cab, spec'l rate, White Hart Hotel, Reigate.	Both.	These Homes are under the Supervision of Lady Henry Somerset. For particulars, apply to the Superintendent
£2 2s. per week.	Croydon.	East Croydon, per L.B. & S.C. or S.E. & C.Ry.	Privately.	

HOMES FOR INEBRIATES.

Locality.	Name of Institution.	Postal Address.	Telegrams.	No. of Patients.	If both Sexes.
Sussex.	Hancox Home.	Battle, Sussex.	Sedlescombe. •	11 1st class. 26 2nd class. •	M.
Yorks.	Ladies Sanatorium, "The Hermitage."	South Cave, East Yorks.	Hermitage, South Cave.	15	
„	High Flatts Sanatorium.	Denby, nr. Huddersfield.	Sanatorium, Denby Dale.	15	F. only.

HOMES FOR INEBRIATES.

Terms.	Nearest Town.	Means of Access.	Under Acts or Privately.	Remarks.
£1 per week 1st class, 9/- 2nd class.	Battle.	Conveyance from Battle 3 miles, or from Robertsbridge $3\frac{1}{2}$ miles, S.E. Railway.	Licensed to receive patients either under the Act or privately.	Application for admittance should be made to the Secretary C.E.T.S., F. Eardley Wilmot, Esq., 4, The Sanctuary, Westminster, S.W. B. Ewart Gott, Resident Supt.
21/-	Kingston upon-Hull.	Hull and Barnsley Railway, $2\frac{1}{2}$ miles drive from station.	Under the Act 10. 5 privately.	Private ground. Strict secrecy. Splendid results.
5/- to 10/- weekly.	Huddersfield.	4 miles from Perristone Station, $3\frac{1}{2}$ from Denby Dale Station.	Private.	Apply to the Matron.

Association of Medical Men receiving Resident Patients.

CHAPTER VII.

THIS Association was formed in 1899 with the following objects, (1) to provide homes for persons of good social position suffering from any kind of ailment, where they can receive care and treatment under the constant supervision of a medical practitioner, as well as enjoy the comforts without the cares of home life; (2) to be of service to members of the medical profession and others who may wish to find such a home for patients or relatives. The Association has steadily increased in numbers, and there are now 90 members, the majority of whom reside in well-known health resorts. The need for such homes as are described in the following list is proved by the very large number of applications for the list which are annually received. The Association was formed on co-operative principles, so that as much information as possible might be afforded to the profession and the laity, at the smallest possible expense to each member.

Every legitimate effort consistent with etiquette is made to spread a knowledge of these Homes, a notice being inserted in the chief Medical and Church papers, as well as the Overland Mail, and lists of the homes (no names being mentioned) are sent to any person applying for them.

Names and addresses and any further particulars may be obtained from the Honorary Secretary, Bodorgan Manor, Bournemouth.

All further communications must be made directly with the medical practitioners, whose *noms de plume* are given in this list, and with whom terms, accommodation, etc., must be arranged.

- Kind of Case. No.
- Mental—1, 2, 3, 6, 7, 10, 16, 19, 25, 27, 29, 34, 40, 43, 47, 64, 66, 70, 71, 73, 86, 89, 90, 91, 95, 98, 99, 100, 103, 104, 114, 121, 122, 124
- Nervous—3, 7, 16, 17, 27, 29, 34, 38, 40, 43, 47, 48, 63, 64, 65, 66, 67, 69, 70, 71, 73, 75, 76, 77, 78, 79, 83, 84, 87, 88, 89, 90, 91, 92, 94, 95, 98, 99, 103, 104, 107, 110, 111, 114, 119, 121, 122, 124
- Hysterical—3, 7, 16, 27, 29, 34, 38, 40, 43, 47, 48, 63, 64, 65, 66, 71, 74, 79, 84, 89, 90, 91, 92, 95, 99, 104, 107, 110, 111, 114, 119, 121, 122, 124
- Paralytic—7, 19, 27, 38, 40, 48, 63, 66, 74, 77, 78, 89, 91, 99, 104, 114, 119, 120, 121
- Epileptic—27, 43, 47, 48, 76, 90, 91, 95, 114, 121, 123
- Alcoholic—19, 27, 63, 73, 74, 76, 84, 89, 90, 98, 114, 116, 121, 122, 123
- Surgical—2, 19, 27, 34, 38, 40, 48, 52, 59, 64, 65, 66, 67, 74, 77, 78, 84, 88, 89, 94, 99, 101, 102, 105, 107, 109, 110, 111, 112, 113, 114, 117, 118, 119, 120, 125, 126
- Gynæcological—18, 27, 34, 35, 38, 43, 52, 54, 63, 65, 66, 67, 74, 84, 86, 88, 89, 94, 95, 99, 105, 106, 110, 111, 112, 113, 114, 117, 118, 119, 122, 126
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1.—“Vernon.”—(L.R.C.P. & L.R.C.S. & L.M. Edin.,) South Somerset. Married, no family. Excellent house, large lofty rooms. Picturesque garden, surrounding country charming, climate bracing. Hunting, fishing, driving, &c. Special terms for a delicate child, who would have every care. One patient received, mental or otherwise, of good social position. Private sitting room and bed room on the same floor if desired. Nurse provided if required.

2.—“Medicus.”—(L.S.A. Lond.,) London, W. Unmarried. House commodious and well appointed, adjacent to Regent's Park and Harley Street, situated in spacious garden sixty feet from main road. Four patients of either sex can be received, any medical or surgical cases, slight mental cases, cases for Weir Mitchell treatment, or accouchement. “Medicus” has had long practical experience. There is a resident lady superintendent, and fully qualified lady nurse and masseuse. Excellent operating room. Private sitting room can be provided if required. Modern sanitation and electric light.

3.—“Carlyle.”—(M.D., F.R.C.S.E.,) Clacton-on-Sea, Essex. Married, 3 children, youngest 6 years. Large and charming house situated in best part of town, with south aspect and beautiful sea views, well kept garden, pretty surroundings, excellent roads for cycling, golf course near. Climate driest in England, with prolonged sunshine and very healthy. No severe mental case taken. Electric baths, electric ozone treatment (a specific for anæmia,) and massage in house if required.

6.—“Beta.”—(M.R.C.S., L.S.A.,) Kegworth, Leicestershire. Married, has had experience extending over 18 years with most satisfactory results. Large house beautifully situated, standing in 20 acres of land, within $\frac{1}{2}$ hour of Leicester and Nottingham station on main line. All the

usual country amusements to be had, including boating and fishing. The village is large and healthy, with excellent water supply, and latest system of drainage. Two mental cases of either sex received, who require special care, with the refinement of home life. Private sitting room, and experienced attendants provided if required. Photo of house can be sent.

7.—“Home from Home.”—Parkstone, Dorset (3 miles from Bournemouth.) Married. Physician, Surgeon and J.P., 28 years experience, offers residence in his own charming residence, standing in grounds of 2 acres, due south, containing every luxury, billiard room, hot and cold baths, etc., large rooms judiciously ventilated. Accommodation for 5 better class patients of either sex, and for nurses if desired. Interesting and picturesque neighbourhood, numerous marine and inland walks and drives, double tennis lawn, croquet lawn, archery, golf, yachting, fishing, and wild duck shooting. Sand and gravel soil, with an all the year round climate, no fogs. In suitable cases Swedish and Nauheim treatments, and massage given. Photo of house on application. Three hours from London, seven minutes from station.

10.—“Psycho.”—(L.S.A.), Rickmansworth, Herts.. Married. House standing in its own grounds of 16 acres, quiet country village, 27 miles from London, beautiful surroundings, dry healthy climate, gravel soil. One male patient received, mild mental or convalescent case. Carriage or horse exercise could be provided.

12. — “Vale.” — (F.R.C.S. Ed., M.R.C.S., L.S.A.) Moseley, Birmingham. Married, four children grown up. Comfortable, roomy, detached house, ten bedrooms, bath room, etc., surrounded by large garden, large suburban village, very healthy bracing climate, 500 ft. above sea, about 3 miles from centre of Birmingham, with trains, trams and cabs close at hand. Two patients of any kind,

and of either sex received. Private sitting room, and nurse provided if required. Photo of house can be sent.

14. — "Tuberculosis." — Bournemouth "Open-air" treatment of consumption, and any form of tuberculous disease, is carried out by a practising physician (M.B., C.M., Edin., M.R.C.S., Eng.) Married with family. House specially arranged for its purpose, absolutely dry sub soil, cheerful position, south aspect of bedrooms, verandah and balcony, no hopeless cases taken. Both sexes received, accommodation limited to eight. Hygienic details of the Luft-Kur strictly observed as at Falkenstein, Davos, Nordrach, &c. Domestic management that of private houses of English gentleness, undertaken by matron.

16.—"R.N."—Bournemouth. Married, no family. Large detached house, standing in its own grounds. Patients of either sex received, mental or otherwise. Private sitting room and nurse if required, medicated and sea-water baths. Carriage exercise. Photo of house can be sent.

17. —"Alienist." — (M.A., M.B., Cantab., M.R.C.S., L.S.A., Lond.), Bournemouth. Married, no family, large comfortably furnished house, lofty rooms, with fine view of golf links and pine woods, sheltered from north and east, pleasant garden, gravel soil, equable climate, excellent sanitation and water supply, within few minutes walk of churches, shops, public gardens and sea. Two lady patients received, asthmatic, rheumatic, nervous and neurasthenic cases for Weir-Mitchell treatment, or a delicate child could be received. "Alienist" has had over 20 years experience. Private sitting room, and trained lady nurse provided if required.

18.—"Columbia."—(M.R.C.S. L.S.A.) Witham, Essex. Married, three daughters. House commodious. Large

garden shaded with old trees, country pretty and wooded, undulating sandy soil, good drainage. Town of 3,500 inhabitants, on main line, 40 miles from Liverpool Street Station, good train service. One patient only received, lady or child preferred. No severe mental case received. References given and received.

19.—“Hopeful.”—(L.R.C.P., Edin., M.R.C.S., Eng.), Burgess Hill, Sussex. Married, no family. House stands on a hill, within its own grounds, 14 rooms, close to station, pretty country, within a few miles of Brighton, mild and equable climate. Three patients of either sex received, mental or medical surgical cases, dipsomaniacs with attendants. Private rooms and nurses if required. Highest references from patients and friends.

22.—“Ozone.”—(M.R.C.S., L.S.A.), Honiton, Devon. Married. House large, semi-detached, 14 rooms, good garden, overlooking lovely view of surrounding country, gravel soil, within few minutes walk of two churches, railway and grammar school, where there are exceptional educational advantages for Indian or delicate children. Golf, tennis, fishing. Only $\frac{1}{2}$ hour by rail to several favourite seaside resorts on Devonshire Coast. Private sitting room and nurse provided if required.

25.—“Purbeck.”—(L.R.C.P., Ed., L.R.C.S., Ed., L.F.P.S., Glas.,) Wareham, Dorset. Married, 2 children. House well situated in country town, near Bournemouth, Weymouth, and Swanage, boating and sailing on river, shooting, golf and cricket obtainable. Most healthy resort, sandy soil. Male patients preferred, one vacancy at present.

27.—“Stand Sure.”—(M.B., C.M., Glas.,) Felixstowe, Suffolk. Age 45. Married, no family, has for a long time received a few high-class resident patients, ladies and

gentlemen. House (of which photo can be sent) conveniently situated close to private gardens, there is also a hut erected on the beach for the convenience of inmates, high-class seaside resort, climate genial and invigorating, air dry and bracing, water pure, capital drainage, beach three miles long, protected by cliffs. Private sitting room and nurses can be provided if required. References to former patients.

29.—“Salve.”—(M.D., Brux., M.R.C.S., L.R.C.P., Edin.,) Leamington. Married. House pleasantly situated, looking on to gardens of charming inland watering town. Two hours from London. Climate mild, gravel soil. Amusements numerous. One patient received, mild, mental, or neurotic case. Massage, electricity and medicated baths. Nurse provided and carriage exercise obtainable if required.

34.—“Ajax.”—(M.D. Brux., M.R.C.S., L.R.C.P., L.S.A.,) Brighton. Married, small family. House large and comfortable, three minutes from the sea. Any kind of case (male or female) received, except bad mental. Private sitting room and nurse provided if required, or maid or valet could be accommodated. Highest references. Photo of house can be sent.

35.—“Fitzjames.”—(L.R.C.P. & L.R.C.S.I.,) Porlock, Somerset. Married, one child. Church of England. Picturesque house, facing south and west, stands on an elevation in its own grounds. Perfect sanitation, bathroom hot and cold. Fine views of the sea and Exmoor Hills. Tennis ground, and gardens. Mild climate, but not relaxing, sheltered from east winds. Beautiful country. One patient received, no inebriate or mental case.

38.—“Fidelis.”—(M.R.C.S., L.S.A.,) East Hoathley, Sussex. Married, with grown up family. House large and well arranged, grounds extensive with tennis and

croquet lawns, good and picturesque neighbourhood, climate bracing. Two patients received, nervous, medical or surgical cases, including operations. An excellent house for delicate children. Private sitting room and nurse can be provided if required. Photo of house can be sent.

40.—“Decrevi.”—(B.A., M.B., Cantab., M.R.C.S., Eng.,) West Bournemouth. House modern, standing high and pleasantly situated among the pine trees in the best residential neighbourhood. Within easy reach of electric trams. Two patients can be received, or one with a nurse. Highest references.

43.—“Sylvestris.”—(M.R.C.S., L.R.C.P.,) Boscombe, Bournemouth. Married, one son, away at school. House contains 14 rooms. Garden with lawn large enough for croquet or bowls. Good roads for cycling, excellent golf links, dry soil, good all-the-year-round climate. Two or three patients of either sex received, including accouchement or convalescent cases, not certified mental or inebriates. Nurse can be provided. Photo of house can be sent.

47. — “Salop.” — Near Shrewsbury.—(M.D. Brux., L.R.C.P., M.R.C.S. Eng., L.S.A. Lond.) Married, 4 children. Large new house, with tennis lawn, gardens, and 6 acres of land. Sand and gravel sub-soil. House situated on small hill overlooking village and river Severn. Climate dry and mild, but bracing. One or two patients of either sex, of good social position received, mild mental cases preferred. “Salop” has had special experience in mental cases. Private sitting room and nurse can be provided.

48. — “Semper Viret.” — Weston - Super - Mare. (M.R.C.S., L.R.C.P.) Married, two children. Modern detached house, with large rooms, well situated, neighbour-

hood good, soil gravel, climate mild and bracing. Two patients of either sex received, any kind except alcoholic or accouchement cases. Private sitting room and nurse can be provided.

52.—“Doctor.”—(M.R.C.S., L.R.C.P. Eng.) Hastings. Married, no family. Large house, billiard room, small garden, public gardens in front for use of residents in the square. Good neighbourhood, open, sheltered from winds, near sea. Climate warm and bright. One or two patients of either sex received, any kind except epileptic and alcoholic. Weir-Mitchell treatment if required. Private sitting room and nurse provided if required. Room for 2 horses in stables. Photo of house can be sent. Golf, hunting, etc. Good references, both social and medical.

53.—“Felix.”—(M.A., M.D., Oxon.) Clacton-on-Sea. Married, 1 child. Detached house, conveniently arranged, 9 bedrooms, £75 rent, in best part of town, close to sea, garden front and back. Sanitation good. Neighbourhood quiet and residential, pretty country surroundings. Climate mild, bracing, plenty of sunshine, very little rain or fog. Three patients of either sex received, convalescents, nascent phthisis with open air treatment if required, other lung complaints, hysteria, nervous prostration, gynecological. Private sitting room and nurse if required. Photo of house can be sent.

54.—“Talpa.”—(M.R.C.S. Eng., L.R.C.P. Ed.) Clacton-on-Sea, Essex. Married, one young child. Good sized house, well situated, seven minutes from sea, small garden, aspect of coast S.E., climate dry and mild, bracing. One patient either sex, or convalescent with friend or nurse received. Private sitting room can be provided. Photo of house can be sent. A delicate child's education could be attended to.

55.—“Retsyl.”—(M.D.) Southsea, Married, one child. House well situated, with large rooms facing south, electric

light and all modern improvements. Large town garden, with complete shade all day in summer, conservatory, and summer-house. Two patients, either sex received, mental or otherwise. Private sitting room and nurse provided if required.

56.—“Curator.”—(M.D. Dur., M.R.C.S. L.S.A.), Tunbridge Wells. Married, no children. House detached, 13 rooms, including billiard room. Situation somewhat retired, on southerly slope, on border of town and country, fine open view, sheltered from north, climate dry and bracing. Garden and tennis court. One patient of either sex received, any kind, if not noisy or violent. Private sitting room and nurse can be provided.

57.—“Kappa.”—(M.R.C.S., Eng., L.R.C.P., Lond.), Chiddingfold, near Godalming. Married. Old house with modern additions, facing west, bathroom, &c. Healthily situated in most beautiful country, delightful walks and drives, good garden with tennis court, golf links accessible, $1\frac{1}{4}$ hours from Waterloo. One patient, male received, mild mental or chronic case. Private sitting room if required.

59.—“Brompton.”—(M.R.C.S., L.R.C.P., F.R.C.S., Edin.), Hove, Brighton. Married, no family. Wife late Hospital Sister. Comfortable house in best part of town, convenient for station, and the sea. Climate very bracing. Two patients, either sex, any case received. Private sitting room if required.

62.—Changing residence.

63.—“Standfast.”—(L.R.C.P.I. & L.M.) Lady Practitioner. Married, one child. Experienced in hysterical and weak-minded cases, and diseases of women. Modern, sunny house, high situation, close to Park and Gardens, 6 miles from Charing Cross. Can receive one lady, suffering from senile decay, paralysis, hysteria, dipsomania, &c. Trained nurse kept.

64.—“Surgeon.”—(L.R.C.P., L.R.C.S., L.F.P.S.), Plymouth. Married. Old-fashioned house, town garden with trees and plenty of shade. Three rooms available, all facing south and overlooking the Sound. Ten minutes walk to the Hoe Promenade, 2 minutes to Beaumont Park. Accommodation suitable for young people or chronic invalid. Mental or alcoholic case taken if accompanied by attendant or companion.

65.—“Linnaeus.”—(M.R.C.S. &c.) Married. Good detached house, in bright open position, a few minutes only from the best part of Richmond, Surrey. South aspect, and gravel soil. Nice shady garden with fruit trees. Only one patient received, any case except bad mental. Private sitting room if required.

66.—“Kent.”—(M.R.C.S., L.R.C.P., Lond.) Married, one little girl. Large old-fashioned country house standing in its own grounds, well away from main road in a country village near Canterbury. Tennis lawn, large kitchen, and fruit garden, and the right of shooting over 280 acres. Hunting and trout fishing can be obtained, and carriage exercise arranged for. One or two patients of either sex, of good social standing received. Any kind of case except consumption, or other contagious disease. Nurse and private sitting room can be provided.

67.—“Surrey.”—(L.R.C.P. Lond., M.R.C.S.) Married, one son at school. Comfortable detached house in best

part of Richmond, on hill, near terrace and park, 10 minutes from river. One patient either sex received, any case except bad mental. Private sitting room if required.

69.—“Vesbius.”—(M.D., D.Ch. Naples, M.D. Lyons, M.R.C.S. Eng., L.S.A. Lond.), Beaulieu, Alpes Maritimes, France. Married, two children at home, who live separate. Villa in own grounds, choicest spot on Riviera, close to station and electric trams, near Nice and Monte Carlo, 50 trains daily. Climate sunny, warm and dry. Good drainage, dry soil, garden contains sheltered terraces, and many orange, lemon, palm and rose trees. Beautiful walks and drives in the neighbourhood. Home musical, artistic, polyglot, and social. One or two patients received, either sex. Private sitting room provided if required. Photo of house can be sent.

70.—“Cambrian.”—(M.R.C.S., L.R.C.P.), Liss, Hants. Married, one child. Large house, with 5 sitting rooms, and 9 bedrooms. Large garden, 2 tennis lawns, and stabling. Soil gravel, 450 feet above sea level. Pine woods round about. Climate mild and bracing. One male patient received, slight mental (not alcoholic), phthisical or chronic case.

71.—“Turbinite.”—(M.B. Lond.) Clifton, Bristol. Married, with experience in the treatment of mental cases. House containing 3 reception rooms, 7 bedrooms, and bath room; is in a bright and sunny situation close to the Downs and Golf links. Climate mild and very healthy. Small garden at back and front of house. One patient received, slight mental, or chronic, or a delicate child.

72.—“Dorset.”—(M.R.C.S., L.R.C.P.) Tankerton near Whitstable. Married, 2 children, one at school. House modern, situated about 100 yards from the sea, faces south, and is sheltered from N. and E. winds. Well furnished

suite of 3 rooms communicating, large bedroom, or smaller rooms if required. Pleasant garden with croquet lawn, &c., also roof-garden, 27ft. square with wind shelter. District very healthy, about $1\frac{1}{2}$ hours from London, and 15 minutes from Canterbury. One or two patients (not mental) of either sex received. No objection to convalescents who require a short change only.

73.—“Molineux.”—(L.R.C.P. Lond., M.R.C.S.) Gosport. Married, one child. House commodious, with south aspect, and small garden, about a mile from sea at Stokes' Bay, with easy access to Southsea and Isle of Wight, golf links within 2 miles, cheerful society, climate mild, gravel sub-soil. One patient either sex received, chronic Invalid preferred. Private sitting room and nurse could be provided. Previous experience.

74.—“Cura.”—(M.B. B.Ch. Lond., L.S.A.) Birmingham Suburb. Married, one son. Large modern house, 17 rooms, built with cavity walls and containing every convenience, light and well ventilated. Billiard room 22ft. 6in. by 30ft. House stands in own grounds. Grand view back and front. Splendid tennis lawn. Best cycling roads in the Midlands. Golf, cricket, tennis, shooting, fishing, &c., quite handy. Carriage exercise, 20 minutes drive to centre of Birmingham. Five minutes' walk to absolute rural country. Very pleasant society. Any kind of patient received except certified mental cases.

75.—“Sanitas.”—(M.D. Mast., Surg. Univ. Aberd.) South Devon. Married, four grown up children. Comfortable, roomy detached house, near moor and Plymouth. Omnibus passes gates twice daily. About four acres of grounds, and good stabling. Four better class patients received. Private sitting room and nurse provided if required. Suitable for those requiring moor and bracing air, and for incipient Phthisis cases.

76.—“Loco.”—(L.R.C.S.I., L.A.H.,) South Cornwall. Married, no family, wife musical. Good sized detached house, standing in own grounds, croquet lawn in front of house, kitchen and fruit garden, greenhouse, six acres of land. Healthy neighbourhood, open country, mild and hilly, $2\frac{1}{2}$ miles from Redruth, 4 miles from sea, 9 miles from Falmouth, 7 from Truro. Carriage exercise if required. One patient received, gentleman, youth, or child. Inebriate not objected to. Private sitting room can be provided. A little society. Tennis court in Redruth.

77.—“Edin.”—L.R.C.P. & S. Edin. L.F.P. & S. Glas.) London, W. 7 miles from Oxford Circus. House modern, recently redecorated, electric light throughout. Rooms large, lofty and well furnished. Good bathroom. Sanitary arrangements and drains of latest date and perfect. Neighbouring country interesting and beautiful, affording numerous walks and drives. House situated on main road, near golf links, churches, shops, post office, free library, and railway station. Two patients or guests received of either sex, and of good social position. Any kind except severe mental, infectious, and phthisical cases. Private sitting room and nurse provided if required. Photo of house can be sent.

78.—“St. Just.”—(M.R.C.S.E. L.S.A.) East Cowes, Isle of Wight. Middle-aged widower, sister, one child, and aged father in family. Large modern commodious house, expressly built by occupier for invalids. Lift from floor to floor. Ninety feet above sea level. Soil, gravel and clay. Good garden. Private sitting rooms, nursing and carriage exercise if desired. One patient preferred, not more than two received. Pre-eminently adapted for cripples, paralysed or heart-diseased patients. Photo on application.

79.—“Helga.”—(M.R.C.S. L.R.C.P.) Poole, Dorset. Married, one child at home. Large house of 15 rooms, standing in its own grounds. Good roads for cycling.

Climate mild, sub-soil sandy. Two male patients received, not consumptives or those under certificates. Private sitting room if required.

80.—“Etherston.”—(M.R.C.S. Eng., L.S.A. Lond.), Malvern. Married, no children. House with all modern conveniences, charmingly situated, facing south, on elevated ground with extensive views, pretty and secluded gardens with croquet lawn. Within easy distance of “Imperial Baths.” Beautiful country, dry soil, bright and bracing climate. Two or three patients received, convalescent, nervous and gynecological, or children whose parents are abroad. Massage or electricity if required. Private sitting room can be arranged if required. Photo of house can be sent.

81.—“Ne cede Malis.”—(M.R.C.S. L.R.C.P.) Newquay, Cornwall. Married, two young children. Experienced practitioner at this famous health resort receives one or two cases of tuberculosis, or cases requiring open-air treatment, in own large new detached house. Hot and cold baths, perfect sanitation, good garden, croquet lawn, close to sea. Excellent sea bathing. Near golf links. Use of pony carriage.

82.—“Delta.”—(M.R.C.S. Eng., L.R.C.P. Lond.), Mere, Wilts. Formerly Resident Medical Officer of a London Children's Hospital, and whose wife has been Ward Sister and Matron of the same, would receive one or more invalid children. House large, modern, well built, with an excellent garden. Chalk soil, bracing climate, country round well wooded and undulating. Tuition can be arranged for if necessary. No mental cases taken.

83.—“Old Cliftonian.”—(M.D. Edin. &c.), Kensington. A Physician and Specialist of 20 years standing, with consulting rooms near Cavendish Square, is prepared to receive

one or two resident patients at his private residence in Holland Road. House perfectly furnished, and separate rooms can be obtained. Good baths, and electric light throughout. Specialist in skin, neurasthenia, nervous, gouty and rheumatic conditions. Medicated and electric baths, and other special forms of treatment. Cases of inoperable cancer (carcinoma or sarcoma of rectum, uterus, throat, nose, &c., primary or recurrent) treated with high frequency electric current. X Ray treatment also given for superficial forms of cancer. A mental case not objected to.

84.—“Confidence.” — (L.R.C.P., & L.M., Ireland), London. Married, no family. House within stone's throw of Regent's Park, and 10 minutes omnibus from Bond Street. Most comfortable, cheerful and happy home assured with companionship. Any case taken, never more than two patients received at one time. Electric light. Private sitting room and nurse if required. Highest references from former patients in residence $3\frac{1}{2}$ years, $2\frac{1}{2}$ years, and shorter terms could be furnished.

86.—“Galen.” — (M.D., Durh., L.R.C.P., Lond.), Bedford. Married, small family. Large modern house with good garden, and complete and separate provision for treatment of one mental patient of either sex of good social position, the house is specially planned and arranged to provide every convenience for one good class patient, with excellent accommodation for nurses and attendants, and complete and separate lavatory arrangements. An accouchement case can be received.

87.—“Hygeia.” — (M.D., Glas., D.P.H., Camb.), West London Suburb. Married, small family, youngest child at school. Corner house, large airy rooms, electric light throughout, sanitation perfect, large well-cultivated town garden. Speciality the treatment of Locomotor Ataxy, Gout, Rheumatism, and allied diseases, by electric massage,

radiant (electric) heat, etc. An accouchement case can be received. Private sitting room and nurse provided if necessary. Photo of house if required.

88.—“South Africa.”—(M.R.C.S., L.R.C.P., Lond.), Bournemouth. Married, one child. Pretty detached house (10 rooms), with garden. South and west aspect, dry and sunny. Healthy neighbourhood, in quiet road within easy reach of Central Station. One lady received, any case except inebriate, mental or cancer.

89.—“Spero.”—(M.R.C.S., L.S.A.), South Somerset. Married. Large House with lofty rooms, and well-arranged. Extensive grounds, tennis courts and croquet lawn. House stands 500 feet above sea level, and 11 miles from south coast of Devon. Climate bracing, scenery picturesque. Any case received. Weir-Mitchell or Salisbury treatment. Accommodation for one mental case, nurse and suite of rooms can be provided, or private sitting room. Carriage exercise. Photograph of house and grounds can be sent. Delicate children not objected to.

90.—“Beulah.”—(M.D., Aberdeen), West Norwood, near Crystal Palace. Married, one daughter. Eighteen years experience and successful treatment of mental, nervous, hysterical, and alcoholic cases. References to leading Physicians and Surgeons in London, and also to former patients. House large, semi-detached, with tennis lawn and secluded garden. Accommodation for two patients of either sex. Climate mild but bracing and salubrious. Private sitting room with nurse or attendant if necessary. Photo of house and grounds can be sent.

91.—“Crystal Palace.”—(M.D., B.A., Lond.) Married, no children. Large modern house, rent £150, sanitation perfect, is detached, stands on gravel soil, 400 feet above

sea level. Is situated in best part of Upper Norwood, near the Palace. Climate bracing, large garden, tennis lawn, stabling. Two handsomely furnished suites of rooms. Many years experience of epilepsy, neurasthenia, hysteria, Weir-Mitchell and electrical treatment. Mental cases received. Highest references permitted to leading London Physicians and friends of former patients.

92.—“Channel Islands.” — (F.R.C.P.E.), Guernsey. Married, one little girl 3½ years. Large house, large garden at back, close by sea at St. Peter's Port, fine scenery, mild equable climate, good society, ample accommodation, small billiard table. One or two invalids (not mental) requiring slight medical attention, or preferably one or two young children to educate with own child. Photograph of house can be sent.

93.—“Westhaven,” (M.R.C.S., L.R.C.P.), Aberdovey, N. Wales. Married, two children. Large roomy well furnished house, facing south, overlooking wide estuary of a river, and open sea, sheltered from north and east by hills. No garden, lovely neighbourhood, combining hill and sea. Climate very mild and sunny. Accommodation for three patients of either sex, any kind except troublesome or certified mental, with or without nurse or attendant; specially suitable for asthmatic, bronchitis and rheumatic cases. First class golf links, boating, fishing and good and safe sea bathing. Photo of house and village can be sent.

94.—“Islander.” (B.A.M.D.) Holyhead, N. Wales, Married, one child. Good sized house standing in own grounds. Shady lawn, tennis, croquet, secluded garden, greenhouses, surrounded by fields, beautiful views of sea and Carnarvonshire mountains. Rooms lofty, bathroom, &c. Private sunny sitting room and nurse provided if required. Rocky soil, bracing climate, mild winters, few minutes' walk from sandy beach, safe bathing and boat

sailing. Ten minutes' from town. No surgery at house. Shooting obtainable. Two patients of either sex received, any case except severe mental or consumptive. Photo of house if desired.

95.—“Medical Woman.” (M.D. Brux., L.S.A., Lond.), Bournemouth. Unmarried. Detached house with garden. South and West aspects, comfortably furnished. Sanitation good, gravel soil. Few minutes' walk from sea and east cliff. One lady patient received, nervous, mild mental, gynæcological or accouchement case, or an invalid child. “Medical Woman” has been Resident Medical Officer at a London Children's Hospital, and at a Hospital for mental diseases. Nurse provided if required, or maid accommodated.

96. — “Anchor.” — (M.B.C.M.), London. Married, grown up family, son and daughter living at home. House in healthy position, within stone's throw of Regent's Park, and within easy reach of Zoological and Botanical Gardens, Harley Street, &c. Semi-detached house with 15 lofty rooms, small garden. Chronic invalid or weakly child would be sure of a healthy and happy home. No mental, alcoholic, consumptive or cancer case taken. Private sitting room and nurse if required.

97.—“Festina lente.”—(M.B., Univ., Dub., J.P., &c.), Southsea. Married, three children, youngest 5 years old, two attend school. Large detached house standing in own grounds, electric light. Gravel soil. House is 3 minutes from church, railway station, post office, tram line and sea beach. Anglo-Indian or other children for educational purposes preferred. Patients of both sexes received, chronic cases chiefly sought for, mental cases not desired. Private sitting room and nurse if required. Photo of house if asked for.

98.—“Antoma.”—(L.R.C.P., L.R.C.S.), Cheltenham. Married, family at school. Large house, 4 sitting rooms, 7

bedrooms, bath room. Garden, and stabling. Good central position. Hunting, golf, &c. Good cycling roads. Exceptional educational advantages, and health resort. Special experience in management and treatment of alcoholism. A thoroughly efficient, reliable and certified ladies' nurse-resident. An accouchement case can be received.

99.—“Keypho.”—(L.R.C.P., L.R.C.S.), St. Ives, Hunts. Married, no children. Small comfortable house, situated in centre of old-fashioned country town. Surrounding neighbourhood flat and open; within easy access of Cambridge, Ely and other interesting towns. Excellent fishing, boating, shooting, golf, and other sports. Horse and carriage exercise can be arranged for. One or two patients of either sex of good social standing received. Any case except severe mental, including gynecological and accouchement. Nurse and private sitting room provided, if required. Photo of house if requested.

101.—“Yorkshire.”—(B.A., M.D., Cantab.), Keighley, West Riding. Married, no children. Pleasant and healthy suburban situation, facing public park, on outskirts of moorland country. Very bracing climate. Pretty scenery near at hand. Special experience in diseases of children, throat and chest. Any cases received, except alcoholic or mental. One patient only. Private room and nurse provided if required.

102.—“Aesculapius.”—(L.R.C.P., L.R.C.S.I., & L.M.), Charing, Kent. Married, no children. House semi-detached, 12 rooms, good garden, bracing, high situation in the prettiest part of Kent. Lovely walks, plenty of hunting and golf within 10 miles by train. Good society. Five minutes from station, 50 miles from London, (no change). $\frac{1}{2}$ hour from Folkestone. Can receive one (or two if relations) patient, either sex, any case except severe mental or accouchement. Carriage exercise arranged for. Private sitting room and nurse if required.

103.—“L'Allegro.”—(B. A., M. D.). Lee-on-Solent. Unmarried. House modern and very healthy, semi-detached, with three reception rooms, 6 bedrooms, (3 available,) bathroom, conservatory, and garden, faces south, and is situated in a picturesque neighbourhood opposite Osborne, close to the shore, railway station, post office, and church. Dry soil, sunny and bracing climate. Boating, bathing, tennis, golf, &c. Good roads. Very suitable for consumption (early stage), a mild mental, or chronic invalid. Gentleman or child preferred, only one received. Last patient stayed over two years. Private sitting-room and nurse if required.

104.—“Boaz.”—(M.R.C.S., L.R.C.P., Edin.) Ramsgate. Married, one son seldom at home. House facing sea, south aspect, perfect sanitation, sunny, lofty rooms, 14 in number. Bracing climate. Highest references, medical and otherwise. Last patient in residence nearly 3 years. One or two patients, either sex received, convalescent, mental, or invalid. Private room, nurse, attendant, massage, &c., if required.

105.—“Nil Desperandum.”—(M.R.C.S., L.R.C.P.) Hoxne, Suffolk. Unmarried. House nicely situated, detached, near church, post and telegraph office, 4 miles from rail. Orchard, flower and vegetable garden. Three acres of meadow. Shooting, fishing, bathing, boating, golf. Pretty and healthy village. One or two gentlemen, or a married couple received. Private sitting room and nurse can be provided. Photo of house can be sent.

106. — “Herts.” — (M.R.C.S., L.R.C.P.), Bedford. Married, no family. Detached house in main street of town with small garden, close to station and theatre. Golf, cricket, tennis and good boating all easily obtainable. Plenty of hunting and shooting in the neighbourhood. One patient only of either sex received, any case except severe mental.

107.—“ Apis.”—(M.D., Lond.), North-Western suburb of London, 5 miles from Marble Arch. Married, one daughter, aged 7. Large, modern, detached house in bright open situation, very free from fogs, close to Metropolitan Railway Station. House well built, with large rooms, perfect drainage, good garden, with concrete terrace for wet weather, not overlooked, tennis lawn and kitchen garden. Medical, surgical or mild mental case of either sex received, or accouchement or delicate child. Nurse and private sitting room if required. Good references.

108.—“ Spa.”—(M.B., C.M.), Harrogate. Married, no family. Twenty years experience. House detached, two-story, excellent sanitation, electric light throughout, faces the Stray or Common of 200 acres which it adjoins, 10 minutes walk from station and baths. Roof flat and has large glass house suitable for sun baths, or shelter for phthisis case. House 460 feet above sea level. Climate dry and bracing. Four or five patients, either sex received, any case except severe mental. Most suitable for gout, rheumatism, phthisis, anæmia, skin diseases, gall stones. Masseuse, Fletcher Little's certificate, resident. Nurse and bedoom for nurse can be provided.

109.—“ Bon Repos.”—(M.D., M.R.C.S.), Tunbridge Wells. Married, family grown up. House modern, well built, bath room, billiard room, electric light, hot and cold water on every floor, grounds $\frac{3}{4}$ acre, well kept, 2 lawns shady and secluded by trees, 2 summer houses, conservatory. Neighbourhood picturesque, good roads, many beautiful drives. Soil sandy. Climate bracing. House stands on high ground in best part of town. Photo can be sent. Carriage exercise if required. Massage and electric baths easily obtainable. One patient of either sex received, or one or two delicate children. Any convalescent or chronic medical or surgical case received.

110. — “ Orchards.” — (M.R.C.S., L.S.A., Lond.)

Married, family grown up, 3 at home, youngest 10. Large, commodious and well-appointed house, (28 rooms) with latest sanitary improvements. Situated in 4 acres of pleasure grounds, very picturesque, within an hour's drive of Cromer, and within short distance of two railway stations. Four patients of good position, either sex received, any case except acute mental and consumption. Nurse, and suite of 3 rooms provided if required. Liberal table with every comfort and attention. Good music, golf, fishing, driving, tennis, &c. Photo of house can be sent.

111. — "Atlas." — Married Physician living in the "garden town of England," can receive one patient of either sex, infectious or noisy mental cases unsuitable. Accommodation for attendant or nurse. Large house fitted with electric light. Corporation Sanitary Certificate. Good garden, close to Winter Gardens, &c. Climate mild, very little fog; soil sandy. All the usual amusements. Swedish and Weir-Mitchell treatment. Interesting and lovely country, 3 hours from London.

112. — "Shenley." — (L.S.A., Lond.), Kinson, Dorset, Married. Good modern-built house, with large rooms; on main road, 4 miles from Bournemouth, in a pretty village, and most healthy neighbourhood. Gravel soil, no fogs. Every convenience for one or more patients, any case except severe mental.

113. — "Spes." — (L.R.C.P., L.R.C.S., L.F.P. & S., Glas.), Bexhill-on-Sea, Married, no family. Large detached house in own extensive grounds; bath (hot and cold); kitchen and flower gardens, tennis and croquet lawns. One mile from sea. 1½ hours from London. Charming, bracing air. Hunting, golfing, driving exercise if desired. Any case (male or female) received, except bad mental. Two patients received. Quiet but cheerful, most comfortable home.

114.—“Shamrock.”—(B A., M.D., B. Ch., B.A.O., Univ., Dubl.), Hampshire, Married, 2 children. Experienced in mental work. Commodious, well furnished house, with spacious and lofty rooms; standing in 3 acres of secluded grounds. Tennis and croquet lawn and fruit garden. Good drainage, gravel and chalk soil, climate dry, bracing and healthy. Centre of good hunting district. Country historical, very picturesque. One hour from Waterloo. House 5 minutes' from church, 10 from railway station. One or two patients received, mental or otherwise, and either sex. Accouchement case received. Private sitting room or suite of rooms and nurse provided if required. Carriage exercise.

115.—“Cornubia.”—(L.R.C.P. & S., Edin.), South Cornish coast. Married, no children. Modern airy house with garden, situated on eminence away from town, commanding extensive and beautiful sea and land views. Bath (hot and cold). All upper room floors and 1st floor partitions deafened with silicate wool; pretty agricultural neighbourhood, bathing beach ten minutes' walk, good boating, climate mild and genial. One or two patients received, either sex. Special attention to the treatment by diet and otherwise of uric acid and other diseases. Private sitting room and nurse could be provided. Photo of house can be sent.

116. — “Cornwall.” — (M.B., C.M., Edin.), South Cornwall. Married, small family. Fine old castellated house in own grounds, sunny; electric light, bath (hot and cold). Gardens $1\frac{1}{2}$ acres, two lawns, acres of grass land adjoining; beautiful sea and land views from house and grounds; good fishing, bathing and sailing; fast and safe yachts and boats kept for use of patients; sandy coves for picnicing; beautiful walks; climate mild and bracing; riding, driving and cycling obtainable. Very suitable for lady dipsomaniac, or any debilitated case, either sex. Last patient stayed over two years. Photo of house can be sent. Private sitting room and nurse if required.

117.—“Old Carthusian.”—(M.A., M.B., B.C., Cantab, M.R.C.S., L.R.C.P., Lond.) Married, two little children, wife a trained nurse. Very good modern house, rent £100, on outskirts of small Yorkshire town. Flat neighbourhood, within easy reach of hills and sea, healthy bracing climate, plenty of sunshine, near tidal river. One or two patients, either sex, received. Any medical or surgical case, including gynaecological or accouchement, chronic invalid preferred. Delicate children, or children whose parents are abroad would receive every care and attention. Accommodation for nurse or maid if required. Highest references given and required.

118.—“South Coast.”—(M.B., Lond., M.R.C.S., L.R.C.P.), Eastbourne. Married, one child. Comfortable medium-sized house, 8 rooms and bathroom, situated near centre of town, within a few minutes of sea and country. Golf links, tennis and croquet clubs close by. Climate sunny, dry and bracing. Horse and carriage exercise can be arranged for. One patient received, of either sex, with or without friend or nurse. A good home for a delicate child. Any case except mental. Private sitting room and nurse could be provided if required. Photo of house can be sent.

119. — “Teres.”—(B.A., Oxon., M.R.C.S., Eng., L.R.C.P., Lond., L.S.A.), Leamington. Married. Roomy and convenient house in one of best positions in town. Mild climate, gravel soil. One patient received, lady preferred, any case except epileptic or alcoholic. Nurse attendant provided. Massage, electricity and medicated baths. Weir-Mitchell and Nauheim treatments completely carried out if required. Carriage exercise if required. Very good bedroom and sitting room which together form one end of first floor in the house.

120.—“Electro.”—(F.R.C.S.E.), Bideford. Married, one child. Charming house and garden facing south, with

perfect sanitation. One or two patients received, not mental. Weir-Mitchell or X ray, high frequency or Finsen light treatment for cancer, phthisis, paralysis, lupus, and eczema, or hot air treatment for rheumatism, &c. Private rooms if required. Beautiful residential country town, with excellent golf links, fishing and hunting. Nurses can be provided. Photo of house can be sent.

121. — "Bruyère." — (M.B., C.M.), Argyllshire. Formerly Medical Officer in large Asylum for Insane. Unmarried; mother, sister and grown up niece in family. Comfortable house of 14 rooms, with offices, standing in its own grounds. Two miles from village, post and telegraph office. Climate mild. Sub-soil gravel, neighbourhood very good, beautiful scenery, near the sea and Loch Awe, splendid roads for driving and cycling. Two horses kept, boating, fishing and grouse shooting can be had. Two patients, either sex, received, mental or otherwise. Private sitting room and nurse can be provided. Good references. Photo of house can be sent.

122. — "Oswaldia." — (L.R.C.P., &c.), Oswestry. Married, three children, youngest aged 4 only at home. Wife had Hospital training and experience in nervous cases. Special experience in all nervous and mental affections, and in treatment of alcoholic patients. House stands in own grounds, 800 feet above sea level. South aspect, bracing climate, gravel soil. Large spacious rooms, 10 bedrooms. Garden, with lawns, greenhouse and carpenter's shop, stabling for 5 horses, two milking cows, 14 acres pasture land. Any case received except bad mental. Lady trained nurse kept. Private sitting room can be arranged, also carriage exercise. Highest references. Photo of house can be sent.

123. — "Rheumatoid." — (F.R.C.S.E.), Bath. Long experience. Unmarried. Large well furnished house with

modern conveniences. Bathroom, hot and cold water on every floor, electric light, drainage recently overhauled. Situated on high ground in one of the best parts of the City, near the finest baths in Europe, also near the Club, Park and places of amusement. Electric high frequency, light, and radiant heat baths may be had. One patient received, male preferred, phthisis, epilepsy, dipsomania, chronic rheumatism. Private suite of apartments if required.

124. — "China." — Middlesex. Thames Valley. Widower, 2 children, one at school. Detached house, 8 bedrooms, 3 reception rooms and bathroom. Good garden, and stabling for 2 horses. Splendid cycling roads. Two miles from Thames. Golf links within 5 minutes. One gentleman received, convalescent or chronic case preferred, mild mental case not objected to. Photo of house if required.

125.—"Radians."—(M.R.C.S., L.R.C.P.), London, S.W. Married, small family. Semi-detached house, facing south with garden; electric light, hot and cold baths, also Radiant heat bath. One patient, either sex, but gentleman preferred. Any kind of case except consumption or advanced mental.

126.—"Bradgate." — (M.R.C.S., L.R.C.P., Lond.), Anstey, Leicestershire. Married, 3 children, 2 at school. House commodious, with every convenience. Tennis lawn, large garden, and 6 acres of grass. Surrounding country well wooded, and undulating, good roads for cycling. Excellent golf links, hunting, shooting and fishing. Sanitation and water supply perfect. One or two patients of either sex received, including accouchement, but not mental. Private sitting-room and nurse if required.

Hydropathic Establishments.

CHAPTER VIII.

THESE are Institutions where visitors may use various medicinal waters internally or externally. But they are usually resorted to not for this purpose only, but for some beauty of situation and surroundings, and on account of the conveniences, and amusements, and agreeable society usually found there. We cannot offer to guide invalids in a choice of any special locality. This is left to the Medical Attendant, and more especially to some resident practitioner who knows the action of the waters, and the best method to employ them, according to the circumstances of each case. Of the British warm springs, those of Bath, Buxton, Clifton near Bristol, Malvern, and Matlock are the best known. These are most suitable for neuralgic and joint affections, while at the same time possessing aperient and diuretic qualities.

The cold springs are saline, sulphurous, and chalybeate. The chief saline springs are at Cheltenham, Leamington, Ashby-de-la-Zouche, Scarborough, Thirsk, and Pitcaithly N.B. These are considered suitable for disorders of the stomach, bowels, liver and kidneys, from whatever cause arising, but especially when there is a gouty diathesis. The Malvern Water is very pure and less saline, and is of benefit in skin diseases, scrofula, and renal disease.

The sulphurous springs are found at Harrogate, Cheltenham, Leamington, Askern, Croft, Dinsdale, Ripon, Strathpeffer and Moffat N.B. These are recommended for dyspepsia, gout, rheumatism, plumbism, malaria, and externally for skin diseases, especially eczema and psoriasis. They are unsuitable for diseases of the heart and blood vessels, asthma, insomnia, and neurotic cases generally.

Chalybeate springs are found at Tunbridge Wells, and at Arbroath and Peterhead in Scotland, and at Llandrindod, Llanwrtyd and Builth in Wales. They are beneficial to cases of anæmia and debility, being tonic and not astringent, but should be given under medical supervision, and only to those who can take some amount of exercise.

HYDROPATHICS.

Locality.	Name of Institution.	Postal Address.	Telegrams.	No. of Patients.	If both Sexes.
Yorkshire.	Harrogate Hydropathic.	Harrogate, Yorks.	Hydro, Harrogate.	200	Both
..	Craiglands Hydropathic Establishment.	Ilkley.	Craiglands, Ilkley.	120	Both
..	Wells House.	Ilkley.	Wells House, Ilkley.	150	Both
..	Scarborough Hydropathic.	The Hydro, Scarborough.	Hydro, Scarborough.	150	Both
North Wales	Claremont Hydro.	Rhyl, N. Wales.	"Claremont, Rhyl."	100	Both
Scotland.	Deeside Hydropathic.	Murtle, Aberdeen.	Hydro, Murtle.	110	Both
..	Hydro. Strath-earn House.	Crieff, N.B.	Hydro, Crieff.	250	Both
..	Philp's Dunblane Hydropathic.	Dunblane, N.B.	Hydropathic, Dunblane.	180	Both

HYDROPATHICS.

Terms.	Nearest Town.	Means of Access.	Altitude above Sea.	Remarks.
From 3 guineas per week.	Harrogate.	G.N. Ry., N.E. Ry., Midland Ry., L. & Y. Ry.	400 feet.	Bracing, absence of Humidity. Spring and mild sulphur, Kissingen, Magnesia and various Chalybeate Waters.
£1 18s. 6d. upwards.	Leeds and Bradford.	Midland and N.E. from Leeds or Bradford.	About 500	Bracing. Pure spring waters.
£3 3s. 0d. to £5 5s. 0d.	Ilkley.	Rail.	500 feet.	Bracing climate. Chalybeate waters.
From 2½ guineas per week.	Scarboro'.	N.E. Railway. Station ½ mile.	250 feet.	Bracing, but sheltered. Tonic mineral springs. Excellent for Anæmia, Insomnia, Nervous Debility, Hysteria, etc.
From £2 2s. per week.	Rhyl.	L. & N.W. Ry.	Sea level.	Mild, bracing. A first-class Health Resort with good service of trains.
From June to Oct. inclusive £2/12/6, from Nov. to May inclusive £2/2 per week.	Aberdeen, 5 miles distant.	Per rail to Aberdeen, then per Deeside line from Aberdeen to Murtle.	350 feet.	Very bracing. Spring water of very excellent quality.
7/6 to 10/6 per week.	Crieff, N.B.	Railway Station, 1 mile.	440 feet.	Bracing.
From £2/12/6 per week.	Dunblane.	1 hour from Glasgow, 1 hour from Edinburgh.	500 feet.	Dry and bracing. Mild alkaline. Turkish, Russian, Brine, Pine and Nauheim Baths. Electric light baths. High Frequency. Vibration. X-Rays. Dowsing Radiant Heat.

Nursing Homes.

CHAPTER IX.

INVALIDS requiring change from their homes, and constant skilled nursing, will find these homes convenient and comfortable. Each Invalid makes arrangements to be visited by his or her own Medical Attendant. Various forms of treatment can here be carried out which would be difficult or impossible at patients' own homes, such as massage, electrical treatment, Weir-Mitchell, and Nauheim treatment, special treatment by diet, and baths, &c., surgical and gynæcological operations.

Nursing Institutions.

CHAPTER X.

AS it is often a matter of urgent importance to obtain a good male or female nurse as quickly as possible, a number of tables are given of Institutions in London and in Country towns where nurses can be procured. A telegram to the Secretary or Superintendent will always ensure a nurse or attendant being sent off by the next train. Nurses should be treated with every consideration; most Institutions require the Medical Attendant to send a certificate as to the nurse's conduct and ability during her care of the case for which she is engaged. A nurse is usually allowed a certain sum for laundry, and travelling expenses. After an infectious case a charge is made for a fortnight's quarantine for the nurse. Some Nursing Institutions receive resident patients.

NURSING HOMES.

Locality.	Name of Institution.	Postal Address.	Telegrams.	No. of Patients.	If both Sexes.
Derbyshire.	Corbar Tower, Dietetic and Medical Home.	Buxton. Derbyshire.	Owen, Corbar Tower, Buxton.	12 to 16	Both
„	Medical Home.	10, Terrace Road, Buxton.	“Invalids, Buxton.”	7	Both
Hants.	Coolavin Nursing Home.	Coolavin, Hawkwood Rd, Boseombe.		6	Both
„	West Cliff Electrical Institute.	Parkside, Alumhurst Rd., Bournemouth.	Parkside, Alumhurst Rd.,	4	Both
„	Victoria Nursing Home.	Cambridge Rd., Bournemouth.	Nightingale, Bournemouth. Telephone 102.		Both
Kent.	Moreton House Nursing Home.	Broadstairs.		4	Both
„	Victoria Home, Broadstairs.	Broadstairs.	Broadstairs.	50	Both

NURSING HOMES.

Terms.	Nearest Town.	Means of Access.	Kind of Case Received.	Remarks.
3 to 6 guineas per week.		Midland and L. & N.W. Railways.	Rheumatism & Dyspepsia Salisbury Diet carefully prepared.	Near Corbar Woods and Public Gardens Physician's diet list conscientiously carried out by trained Nurse. Massage.
£3 3s. to £6 6s. in summer, £2/2 to £4/4 winter.	Buxton, 27 miles from Manchester	Midland Ry. from St. Pancras, also L. & N.W. Ry.	Rheumatism Gout, Gastritis, Nerves Gynæcological.	Mental, Maternity, Fits, Infectious cases <i>not</i> received.
From £3 3s. according to requirements of case.	Bournemouth.	Train, Tram and Bus.	Medical, Surgical and Chest.	Aspect fully south. Every home comfort. House detached.
£3 3s. to £3 10s.		West Bournemouth Station.	Any kind of Medical case especially those requiring electricity or open air cure.	There is an installation for the administration of High Frequency current, also the Ultra-Violet light or treatment by X-Rays.
£3 13s. 6d. to £10 10s. weekly.		Bournemouth West Station, L. & S.W. Ry.		Patients must be attended by their own medical man.
From £5 5s.		London, Chatham and Dover Railway.		Skilled nursing. Medical, Surgical, Massage, etc. Convalescents or delicate children.
30/- per month including fares.		Train from Victoria Station, London.		For In and Out patients of the Victoria Hospital for Children, London, S.W.

NURSING HOMES.

Locality.	Name of Institution.	Postal Address.	Telegrams.	No. of Patients.	If both Sexes.
Kent.	Invalid Home (small and private).	4, Endcliffe Gardens, Cliftonville, Margate.		8	Both
London.	Amber House, 34, St. John's Wood Road, N.W.		Amber Kleur. Telephone 1888, Paddington.	6	Both
„	Private Nursing Home.	27, Brompton Square, London, S.W.	Jervina.	7	Both
„	St. Thomas's Home.	St. Thomas's Hospital, Albert Embankment, London, S.E.	St. Thomas's Hospital, London.	40	16 F. 24 M.
„	Woodside Home for Ladies.	Whetstone, London, N. Miss Walker, Lady Supt.		56	Ladies only.
Suffolk.	North Cliff Nursing Home.	Nursing Home, Chester Road, Southwold.	Nursing Home, Southwold.	4	Both
Surrey.	Haslemere Home for Invalids.	College Hill, Haslemere, Surrey.	Inge and Ringwood, Haslemere, Surrey.	5	Both

NURSING HOMES.

Terms.	Nearest Town.	Means of Access.	Kind of Case Received.	Remarks.
3 to 7 guineas.	Margate.	Rail, L.C. and Gr. Eastern.	Surgical, Medical. Nerve. Convalescents.	Defective Children and Inebriates.
£7 7s. to £12 12s.			Surgical and Medical.	House stands in large garden, opposite Lord's Cricket Ground.
From £7 7s., according to nature of case and amount of nursing required.		South Kensington Station.	All but Infectious and Mental.	
9/- per diem. Minimum charge of 21/-		By cab from Waterloo or Charing Cross or other London stations.	No Phthisical or Infectious cases received.	Applications to be made to the Steward. Resident Medical Officer Patients may choose their own Medical Attendant.
£28 to £85 per year.		Totteridge Station on the High Barnet Line.		
From 2½ guineas.	Lowestoft.	G.E. Ry. and Southwold Ry.	Medical, Surgical and Maternity.	Only fully qualified Nurses taken on staff. Matron, Madame Andrews, Midwife by Diploma
From 2 guineas.		South Western Railway.	Medical, Surgical, Weir-Mitchell. Massage or special treatment. Chronic cases.	600 feet above sea level. Bracing air. Good water. Home comforts. Trained Nurses and resident Masseuse and Electrician.

NURSING HOMES.

Locality.	Name of Institution.	Postal Address.	Telegrams.	No. of Patients.	If both Sexes.
Surrey.	Nightingale Home.	20, London Rd., Twickenham, S.W.	Nightingale Home, Twickenham.	7	Both
Sussex.	Private Medical and Surgical Home.	Stavely House, Lansdowne Place, Hove, Sussex.	Telephone 08901		Both
„	South Beacon	Hadlow Down, Buxted, Sussex.	Harmer, South Beacon, Buxted.	10	M. only.
„	„Tresillian.”	Tresillian, Cornfield Rd., Eastbourne.		5	Both
Warwickshire.	Countess of Warwick's Home for Crippled Children.	Avon House, Emscote, Warwick.	Cripples Home, Warwick.	18	Boys 3 to 12yrs. Girls 3 to 14
Yorks.	Victoria Nurses and Nursing Home.	Clarendon Rd., Leeds.		8	Both

NURSING HOMES.

Terms.	Nearest Town.	Means of Access.	Kind of Case Received.	Remarks.
From £2 2s. weekly.	Eastbourne.	L. & S.W. Ry. from Waterloo, 20 minutes.		Close to Twickenham Station.
From £5 5s. weekly.				Resident qualified Nurses.
3 to 10 guineas per week.		Heathfield or Buxted, L.B. & S.C. Railway.		Home for nervous and mental cases which are not certifiable.
From £4 4s. weekly.		L.B. & S.C. Railway.	All but Mental and Infectious.	The Home is fitted up with 'Greville' Electric Baths suitable for Rheumatism or Gout.
Free.		G.W. Ry. and L.N.W. Ry. Trams pass the door.		Entirely Private Charity. <i>Incurable</i> cases not taken, but those requiring trained nursing and care.
2½ to 6 guineas per week.		Cab from station, 1/- fare.	Medical, Surgical, Monthly and Massage.	The fees do not include Medical Attendant's fee.

NURSING INSTITUTIONS.

Locality.	Name of Institution for Nurses.	Postal Address.	Telegrams.
London.	The Auxiliary Nurses Society.	10, Orchard Street, Portman Square, W.	Pflegerin, London.
..	Belgravia Nursing Home.	Mrs. Walter Pye, 39 & 41, Royal Avenue, Chelsea, London, S.W.	Peiho, London.
..	Clapham, Brixton and Surrey Institution of Trained Nurses.	210, Clapham Road, London, S.W.	Nursing Institution, Clapham.
..	Guy's Trained Nurses' Institution.	14, St. Thomas St., London, S.E.	Guy's Institution, London.
..	Miss Hooper's Institution for Trained Nurses.	9, Upper Baker St., London, N.W., also at 35, Holmdale Road, West Hampstead.	"Helpfulness," London.
..	London Association of Nurses.	123, New Bond St., London, W.	Firth's Association, London.
..	Male Nurses Association.	23, York Place, Baker Street, London, W.	"Assistiamo," London.
..	Male Nurses Co-operation, Limited (The Temperance).	15, Great Marylebone St., Portland Place, W., and 176, Oxford Street, Manchester.	'Tactear,' London ; 'Tactear,' Manchester.
..	Male Nurses (Temperance) Co-operation.	10, Thayer Street, Manchester Square, London, W., and 235, Brunswick St., Manchester.	Assuaged, London.

NURSING INSTITUTIONS.

Telephone.	Kind of Nurse Supplied.	If both Sexes.	Terms.
2173 Paddington.	Medical, Surgical, Maternity, Mental, Infectious.	Female only.	£2 2s. 0d. for ordinary. £2 12s. 6d. to £3 3s. 0d. for special. Special terms for chronic cases.
1500 Kensington.	Medical, Massage, Surgical, Mental, Maternity.		2 to 3 guineas.
Hop., 1802.	Surgical, Medical, Fevers, Mental, Monthly and Massage.	Female.	According to case.
882 Hop.	Medical, Surgical, Fever, Mental, Maternity, etc.	Female.	£2 2s. 0d. ordinary. £2 12s. 6d. Mental, Massage, Midwifery.
258 Paddington.	Medical, Surgical, Mental, Fevers and Maternity.	Only Female.	£2 2s. 0d. to £3 3s. 0d. per week.
1855 Gerrard.	Hospital trained for every kind of illness.	Both.	From £2 2s. 0d. weekly.
1827 Paddington.	Male Nurses and Certificated Masseurs.	Male only.	From 2 guineas weekly.
1472 Paddington. 5213 Central Manchester	Male Nurses only, for all cases, also Masseurs and Valet Attendants.		From £1 11s. 6d. to £3 3s. 0d.
538 Paddington.	Medical, Surgical, Mental, Dipsomania, Paralysis, Fever, Catheter, Travelling, Trained Valet Attendants, Masseurs.	Male.	2 to 3 guineas per week.

NURSING INSTITUTIONS.

Locality.	Name of Institution for Nurses.	Postal Address.	Telegrams.
London.	Male and Female Nurses Association.	69, Wigmore St., Cavendish Square, London, W.	Desideratum, London.
"	The Temperance Male and Female Trained Nurses Co-operation.	45, Beaumont St., Portland Place, London.	Abstain, London.
"	The Middlesex Hospital Trained Nurses Institute.	17, Cleveland St., London, W.	Skilful, London.
"	The Nurses Co-operation.	8, New Cavendish Street.	Aprons, London.
"	Nursing Sisters Institution, founded by Elizabeth Fry, 1840.	Nursing Sisters Institution, 4, Devonshire Square, Bishopsgate, E.C.	Nursed, London.
"	St. John's House.	Sister Superior, 7 and 8, Norfolk St., Strand, London, W.C.	Private Nurses, London.
Berks.	Private Nurses Institution, Royal Berks Hospital, Reading.	Royal Berks Hospital, Reading.	Hospital, Reading.
Derbyshire.	The Royal Derby and Derbyshire Nursing and Sanatory Association.	The Royal Nursing Institution, Derby.	Nursing, Derby.
Devon.	Exeter Trained Nurses Institution.	7, Colleton Crescent, Exeter.	Colleton, Exeter.

NURSING INSTITUTIONS.

Telephone.	Kind of Nurse Supplied.	If both Sexes.	Terms.
1458 Paddington.	Mental and Hospital trained, suitable for all cases. Mental, Medical and Surgical Masseurs and Masseuses.	Both sexes.	From 1½ guineas upwards to 3 guineas.
606 Paddington.	Hospital Nurses and Male and Female Mental Nurses.	Both.	From £2 2s. 0d. to £2 12s. 6d. per week.
5307 Gerrard.	Medical and Surgical.	Female Nurses only.	£2 2s. 0d. per week. Ovari-otomies, £3 3s. 0d.
2724 Gerrard.	Medical, Surgical, Mental, Maternity, Fever, Children's.	Female only.	From £2 2s. 0d.
	Trained Nurses for Medical, Surgical and Infectious cases.	Female.	£1 1s. 0d. weekly. £1 11s. 6d. „ Infectious cases.
2577 Gerrard.	Medical, Surgical, Maternity, Mental, Masseuses.	Females only.	2 to 3 guineas a week.
31 Reading.	Medical, Surgical, Maternity.	Female only.	£2 2 0 per week. £2 12 6 Infectious. £10 10 0 Maternity per month.
National 146.	Monthly, Medical, Surgical, Fever and Mental Nurses. District Nurses in Derby and neighbourhood.		From £1 5s. to £2 2s., according to nature of case. Monthly, £6 6s. to £8 8s. the month. Established 37 years.
224	Medical, Surgical, Fever, Mental, Maternity, Massage. Nurses have 3 years' Hospital training.	Female only.	Ordinary, £1 11s. 6d. per week. Special, Infectious, Mental, Maternity, Massage, £2 2s. 0d. per week.

NURSING INSTITUTIONS.

Locality.	Name of Institution for Nurses.	Postal Address.	Telegrams.
Durham.	Sunderland Nursing Institute.	Borough Road, Sunderland.	Nursing, Sunderland
Essex.	St. Alban's Diocesan Institution for Trained Nurses, & Cloughton Convalescent Home.	The Nurses Home, Witham, Essex. Cloughton Home, Walton-on-Naze.	Nurses Home, Witham.
Gloucestershire.	Cheltenham General Hospital.	Sandford Road, Cheltenham.	Matron, General Hospital, Cheltenham.
Hants.	Victoria Nurses Home.	Cambridge Road, Bournemouth. Wootton Lodge, Boscombe.	Nightingale, Bournemouth.
„	Private Nurses, Royal Portsmouth Hospital, Portsmouth.	The Matron, Private Nurses, Roy'l Portsmouth Hospital, Portsmouth.	Matron, Royal Hospital, Portsmouth.
„	Hampshire Nurses Institute.	Southampton.	Nurses' Institute, Southampton.
„	Royal Hants County Hospital Private Nursing Staff.	Winchester.	Nursing, Winchester.
Hereford.	Hereford Nursing Association.	Charles E. Moody, Springfield, Breinton, Hereford.	Moody, Springfield, Breinton, Hereford.

NURSING INSTITUTIONS.

Telephone.	Kind of Nurse Supplied.	If both Sexes.	Terms.
367	Medical, Fever, Surgical.	Female only.	Ordinary, £1 5s. ; Fever, £1 10s. ; Smallpox, £2 2s. ; Dipsomania, £2 2s. ; Private cases in Home, £5 5s.
	Medical, Surgical, Fever and Maternity.		Medical, 21/- ; Surgical, 25/- ; Fever, 30/- per week.
	Patients received : (1) Ladies. (2) Working Classes (Men & Women).		Ladies, 15/- to 25/- ; Working Classes. 12/- per week.
No. 26.	Special Operation and Ordinary, Typhoid, Mental, Infectious and Monthly Nurses and Massage.	No Male Nurses supplied.	Ordinary and Surgical cases, £1 10s. ; Infectious or Mental, £2 2s. ; Maternity, £8 8s. per month ; Massage, £2 12s. 6d. per week.
102	Medical, Surgical, Mental, Monthly, Massage and Nauheim treatment.	Females only.	31/6 to 63/-.
Local, No. 95.	Medical, Surgical, Mental, Maternity, Fever.	Female only.	Weekly. General, £1 11 6 ; Fever, £2 2 ; Operations £1 1 (5/- per day by arrangement) ; Mental, £2 2 ; Maternity, £2 2.
494	Trained Medical, Surgical and Maternity Nurses.		Ordinary cases £1 11s. 6d. per week ; Fever, £2 2s. per week.
No. 50.	Surgical, Masseuses, Medical, Monthly.	Women only.	£1 5s. 0d. Ordinary ; £1 11s. 6d. Infectious.
	District Nurses.	Female Nurses only.	The poor only are nursed, and no charge is made for the Nurses' services.

NURSING INSTITUTIONS.

Locality.	Name of Institution for Nurses.	Postal Address.	Telegrams.
Lancs.	Liverpool Trained Male and Female Nurses Institution.	Hope House, Hope Street, Liverpool.	Nurses, Liverpool.
"	Male Nurses (Temperance) Co-operation.	235, Brunswick Street, Manchester.	Assuaged, Manchester.
"	Manchester Maternity Hospital,	Maternity Hospital, 60, Upper Brook Street, Manchester.	
"	The Birkdale Trained Nurses Home.	53, Liverpool Road, Birkdale. Southport, Lancs.	Nurses, Southport.
"	Staleybridge Sick Nursing Society.	18, Grosvenor St., Staleybridge.	
Northumberland.	Nurses' Home and Training School.	2, Granville Road, Newcastle-on-Tyne.	Nursing, Newcastle.
Somerset.	Weston-super-Mare Nurses' Institute.	5, St. Margaret's Terrace, Weston-super-Mare.	Nurses' Institute, Weston-super-Mare.
Surrey.	Trained Nurses' Association.	Galen House, Nightingale Road, Guildford.	Galen, Guildford.

NURSING INSTITUTIONS.

Telephone.	Kind of Nurse Supplied.	If both Sexes.	Terms.
570	For <i>all</i> cases. At a <i>moment's</i> notice.	Both.	Female, £1 1s. to £2 2s. ; Male, £2 2s.
4699 Central, Manchester.	Medical, Surgical, Mental, Dipsomania, Paralysis, Fever, Catheter, Travelling, Masseurs, Trained Valet Attendants.	Male.	£1 11s. 6d. to £3 3s. 0d. per week. All nurses are total abstainers.
	Monthly Nurses and Midwives.	Female.	From £6 6s. to £8 8s. per month.
No. 114.	Fully trained Medical, Surgical, Monthly and Fever Nurses. Patients received also in the Home.	Female.	30/- per week or by arrange- ment. Terms on application.
	District Nurses.	Females.	Free.
National 850.	Medical, Surgical, Fever, Maternity and Masseuses.	Female only.	27/-, 30/-, 42/- per week ; £7 7s. for Maternity for one month.
No. 20.	Medical, Surgical, Maternity, Mental and Massage.	Only Females.	From 25/- per week.
0190 Guildford.	Only Nurses holding certificate of three years' general training. A few holding L.O.S. Diploma <i>in addition</i> to above general training.	Female.	From £2 2s. 0d. per week. Obstetric cases £10 10s. the month.

NURSING INSTITUTIONS.

Locality.	Name of Institution for Nurses.	Postal Address.	Telegrams.
Surrey.	Surrey Nursing Home.	Claremont Road, Surbiton.	"Nursing," Surbiton.
„	Nightingale Home.	20, London Road, Twickenham, S.W.	Nightingale Home. Twickenham.
Sussex.	Brighton Home for Trained Nurses and Paying Patients.	92, King's Road, Brighton.	"Nurses, Brighton."
„	Victoria Nursing Institution. (Mrs.) C. Phillips, Supt.	25, Warrior Gardens, St. Leonard's-on-Sea.	Nursing, St. Leonard's-on-Sea.
„	The Worthing Institution of Trained Nurses. Established 1894.	Nightingale House, 11, Liverpool Terrace, Worthing.	Sisters, Worthing.
Warwickshire.	Leamington and South Warwickshire Hospital and Nursing Institution.	Warneford Hospital, Leamington.	Hospital, Leamington.
„	Nursing Home, Stratford-on-Avon.	Nursing Home, Stratford-on-Avon.	Nursing Home, Stratford-on-Avon.
„	Queen Victoria Nursing Institution.	Bath Road, Wolverhampton.	"Nursing, Wolverhampton."
Worcester-shire.	"The Home," Evesham.	Greenhill, Evesham.	The Home, Evesham.

NURSING INSTITUTIONS.

Telephone.	Kind of Nurse Supplied.	If both Sexes.	Terms.
91 Kingston.	Fully trained Hospital Nurses for <i>all</i> cases.		£2 2s. 0d. to £3 3s. 0d. per week.
	Medical, Surgical, Maternity and Massage.	Females only.	£2 2s. 0d. per week ; one day, 8/6 ; one night, 7/6.
No. 1.	For all cases.	Female only.	Home, 3 to 10 guineas weekly ; Nurses from 2 guineas.
20 Y.	Medical, Surgical, Monthly and Fever Nurses and Massage.		From 2 guineas per week.
	Medical, Surgical, Monthly.	Female only.	£2 2s. 0d. per week.
513	Medical, Surgical, Fever, Monthly.	Only Women.	Ordinary cases, £1 11s. 6d. ; Fever, £2 2s. ; Monthly, £8 8s. the month.
	Medical, Surgical, and Maternity. Convalescent Women and Children are admitted by Subscribers' Ticket and payment of 7/- per week for Women, 2/6 for Children.	No Male Nurses.	Ordinary cases, 30/- ; Fever, 42/- per week ; Maternity, £7 7s. the month.
388	Medical, Surgical, Monthly, Fever.	Women only.	Ordinary cases, £1 1s. 0d. per week ; Surgical, Monthly, Fever, £1 11s. 6d. per week.
National, No. 67.	Medical, Surgical, Maternity, Massage, Electrician.	No Male Nurses.	Per week : Medical, £1 11s. 6d. ; Surgical, Maternity, Massage, £2 2s. 0d.

NURSING INSTITUTIONS.

Locality.	Name of Institution for Nurses.	Postal Address.	Telegrams.
Yorks.	Trained Nurses' Institution and Medical & Surgical Home.	Ripon Road, Harrogate.	Anderson, Ripon Road.
„	Royal Infirmary, Hull.	Royal Infirmary, Hull.	Infirmary, Hull.
„	The Sheffield Nurses Home.	334, Glossop Road, Sheffield.	"Home," Sheffield.
Scotland.	Royal Scottish Nursing Institution.	69, Queen Street, Edinburgh.	"Matron," Edinburgh.
Ireland.	The Belfast Nurses Home and Training School.	Frederick Street, Belfast.	"Nurses," Belfast.

NURSING INSTITUTIONS.

Telephone.	Kind of Nurse Supplied.	If both Sexes.	Terms.
No. 0386.	Nurses supplied for all cases.		From one guinea and a half per week.
167	Medical and Surgical.	Female.	£1 11s. 6d. ; £2 2s. 0d. for Infectious cases and Mental cases.
Exchange, 1403.	Medical, Surgical, Monthly, Mental and Massage.	Women only.	£1 5s. 0d. to £2 2s. 0d. per week.
2228	Medical, Surgical, Mental, Maternity, Massage, Fever.	Only Female.	Medical, Surgical, 30/- weekly ; Mental, Massage and Fever, £2 2 weekly ; Monthly, £8 8 per month.
No. 1373.	Medical, Surgical, Fever, Massage.	Female only.	Ordinary cases, £1 5s. per week ; Infectious cases, £1 10s. per week ; In- sanity, Delirium Tremens, Smallpox, Cholera, Mass- age, £2 2s. per week.

Sanatoria.

CHAPTER XI.

WE are informed by a well-known authority that the chief requisites for a Sanatorium for the "Open-air Treatment" of Consumption are:—

"(1) That it should be placed on pure soil; if possible, on virgin soil; dry or sandy, or at least porous; on the south-ward of rising ground, not near the sea-shore, but well protected from strong winds. The climate should be fairly dry, with little tendency to fog, and the land drainage good.

"(2) The building should be so placed that the living rooms receive all the rays of winter sunshine possible.

"(3) It should be far removed from a town or dense clusters of dwellings, or works of any kind. The neighbourhood of dusty roads, coal smoke, dust or other sources of pollution of the atmosphere, should also be avoided. The house drainage should be perfect.

"(4) The feeding, nursing, and medical attendance on the patients should be of the best character, and, above all, the chief medical attendant should be a man of experience, tact, and firmness of character.

"It is desirable, before sending a patient to any of these Institutions, that local inquiries should be made, to ascertain how far these several conditions are fulfilled."

The following Sanatoria refuse only those patients who are in a moribund condition. Rudgwick, Cotswold, Ross-clare, Dunstone Park, Grampian, Vale of Clwyd, Nordrach in Wales, Rostrevor, Linford.

"The Scottish Sanatoria, Nordrach-on-Dee, Nordrach-on-Mendip refuse only advanced cases. Others such as Crooksbury refuse patients who have both bases affected, or active laryngeal tuberculosis, or a temperature of over 103° F. The only really efficacious methods of destroying the sputum of tuberculous patients are by (1) Incineration, (2) boiling in a solution of sodium bicarbonate, or in a solution of chlorinated lime, 1½ oz. to the gallon."—(Dr. Arthur Latham.)

SANATORIA.

Locality.	Name of Institution.	Postal Address.	Telegrams.	No. of Beds	If both Sexes.
Devon.	Dunstone Park	Marldon, Paignton.	"Rest," Paignton.	10	Both
Dorset.	Alderney Manor.	Parkstone, Dorset.	Johns, Parkstone.	26	Both
Essex.	East Anglian Sanatorium.	Sanatorium, Nayland, Colchester.	Sanatorium, Nayland.	35	Both
Gloucester-shire.	Cotswold Sanatorium for Consumption.	Near Stroud.	Birdlip.	40	Both
„	Painswick Cottage Sanatorium (Cotswold Hills).	Painswick, Stroud, Glos.	"Fieldview," Painswick.	8	M. only.
„	Holcombe House.	Painswick, Stroud, Glos.	"Fieldview," Painswick.	5	Both
Hants.	Firs Home, Bournemouth.	Trinity Road, Bournemouth.	Firs Home, Bournemouth.	20	Both

SANATORIA.

Terms.	Nearest Town.	Means of Access.	Alt. above Sea.	Seaside or Inland.	Remarks.
£3 3s. to £5 5s.	Paignton, 1½ miles and Torquay 3 miles.	G.W. Ry. to Paignton, Cabs up.	550ft.	Moorland & sea, 1½ miles from sea.	Climate : Mild, but more bracing than Torquay. Free from fog, dust or smoke, Moorland and sea air. Magnificent scenery. Resident Medical Officer.
From 4 guineas per week.	Bournemouth.	Parkstone Station, L. & S.W. Ry., S. & D.J. Ry., Midland Ry.	264ft.	Inland.	Climate Dry. 'Sun Bathing' a speciality, which is a great aid to the cure.
£4 4s. to £6 6s. per week.	Bures.	By G.E. Ry. from Liverpool St. to Bures.	250ft.	Inland.	Climate : Dry and sunny. Resident Doctor, Matron, Staff Nurses. For particulars apply to Dr. Jane Walker, 122, Hailey St., W.
£5 5s. weekly.	Cheltenham Gloucester, or Stroud, 7 miles each.	Drive.	800ft.	Inland, within view of the Bristol Channel	Climate : Very bracing. Surrounded by 1000 acres of common and wooded land, overlooks the Severn Valley.
2½ guineas inclusive.	Stroud, 4 miles.	Cab, or 'Bus four times daily.	650ft.	Inland.	The Physician resides at Painswick Cottage Sanatorium and visits the patients at Holcombe House (one mile away) daily. Climate : Bracing.
2 guineas.	Stroud, 5 miles.	Cab.	500ft.	Inland.	
10/6 weekly.	Bournemouth.	L. & S.W. Railway.	50ft.	About ½ mile from sea.	Climate : Dry and mild.

SANATORIA.

Locality.	Name of Institution.	Postal Address.	Telegrams.	No. of Beds	If both Sexes.
Hants.	The National Sanatorium for Consumption and Diseases of the Chest.	Bournemouth.	Sanatorium, Bournemouth.		31 M. 31 F.
"	Stourfield Park Sanatorium.	Bournemouth.	Sanatorium, Pokesdown.	40	Both
Isle of Wight.	St. Catherine's Home for Advanced Consumption, Grove Road, Ventnor.	Ventnor.	Ventnor.	12	Both
London.	Hospital for Consumption and Diseases of the Chest.	Brompton. London.	Brompton.	318	Both
"	Medical Home for Consumption.	23 & 25, Clapton Common, London, N.	"Lucky," London.	6	Both
Norfolk.	The Mundesley Sanatorium.	Mundesley, Norfolk.	Bardswell, Mundesley.	20	Both
Notts.	Sherwood Forest.	The Officer, 36a, Bridlesmith Gate, Nottingham.		23	Both

SANATORIA.

Terms.	Nearest Town.	Means of Access.	Alt. above Sea.	Seaside or Inland.	Remarks.
Admission by Governors' Nomination and the payment of 7/6 weekly.	Bournemouth.	L. & S.W. Ry., Bournemouth Central or West Station.	About 50ft.	Seaside	Climate: Equable, temperate, mildly bracing. A. G. A. Major, Secretary.
4 and 5 guineas weekly.	Bournemouth.	Bournemouth Central.	120ft.	Seaside	Climate: Mild and bright. Well timbered grounds of 10 acres.
10/6 weekly.	Ventnor.	Omnibus from Ventnor Station, 5 minutes.	450ft.	Seaside	Climate: Like south of France. Patients stay many months. Are not turned out when worse.
Free by Governor's letter.	London.	Near South Kensington Station.			Patients received from all parts of the Kingdom. Country branch (open air) now building near Primley.
£3 3s. to £6 6s.	London.	G.E. Railway, Trams, etc.	50ft.		Climate: Bracing. Large garden. Near Tennis and Cricket Grounds.
5 guineas weekly.	Cromer (7), Norwich (20)	Liverpool St. to Mundesley Station.		1 mile Inland.	Climate: Bracing. Specially built. Special attention given to diet and personal comfort. Golf Links.
Free or partly free by Nomination, or 30/- a week.	Mansfield.	Nearest station Mansfield, 3 miles from Sanatorium.		Inland.	This Sanatorium is solely for persons of limited means.

SANATORIA.

Locality.	Name of Institution.	Postal Address.	Telegrams.	No. of Beds	If both Sexes.
Oxon.	Hailey Open Air Sanatorium.	Ipsden, near Wallingford.	Sanatorium, Ipsden.	24	Both
"	Kingwood Sanatorium, Chiltern Hills.	Kingwood, Peppard, Oxon.	Peppard Common.	10	Ladies only.
"	Maitland Cottage Sanatorium.	"	"	6	Both
Somerset.	The Engel Home.	Cheddar.	Cheddar.	16	F.
"	Mendip Hills Sanatorium.	Hillgrove, Wells, Somerset.	Hillgrove, Wells, Somerset.	20	Both
"	Nordrach-on-Mendip.	Blagden, Bristol.	Nordrach, Blagden, Bristol.	40	Both
Surrey.	Crooksbury Sanatorium (for Open-air Treatment of Consumption).	Farnham, Surrey.	Sanatorium, Farnham.	22	Both

SANATORIA.

Terms.	Nearest Town.	Means of Access.	Alt. above Sea.	Seaside or Inland.	Remarks.
4 and 5 guineas weekly.	Wallingford	Goring Station G.W. Ry., 4 miles.	300 to 600ft.	Inland.	Extensive well wooded grounds on south-western slope of the Chiltern Hills. Climate: Bracing, dry (comparatively).
4-5 guineas weekly.	Reading, 6½ miles.	Conveyances sent to Reading Station. Open 4/-, closed 6/-.	375ft.	Inland.	Beautiful open country. Beech woods and wide commons. Climate: Bracing. Free from fogs. Gravel and Chalk soil.
25/- to 30/- weekly.	"	"	"	"	
8/-, 15/-, 30/-.	Cheddar, between Wells and Bristol.	Train.		Inland.	For the Nordrach treatment of Phthisis. Only early stage admitted. Ladies, 30/-; other class, 15/- and 8/- a week.
3 to 5 guineas.	Wells, Somerset.	Rail to Wells, thence carriage to the Sanatorium.	850ft.	Inland.	Climate: Bracing and pure. Beautiful grounds. 160 acres of pine woods.
£4 4s. to £5 5s.	Wells, 8 miles.	Langford Station, G.W. Ry.	862ft.	Inland.	
4 and 4½ guineas. A few at 3 and 3½.	Farnham.	L.S.W. Ry to Farnham or Tongham. S.E. Ry. to Ash.	430 to 450 feet.	Inland.	Climate: Moderately bracing. Well sheltered amidst pine woods and heather. Trained nurses. Two Resident Physicians.

SANATORIA.

Locality.	Name of Institution.	Postal Address.	Telegrams.	No. of Beds	If both Sexes.
Surrey.	Whitmead Sanatorium.	Tilford, Farnham, Surrey.	Hurd-Wood, Tilford.	20	Both
„	Woodhurst.	Woodhurst, Dorking, Surrey.	Wright, Woodhurst, Dorking.	16	Ladies only.
Sussex.	Rudgwick Sanatorium.	Rudgwick, near Horsham.	Rudgwick Sanatorium, Buck's Green.	13	Both
Westmorland.	Westmorland Consumption Sanatorium.	Meathop, Grange over Sands.	Witherslack.	24	Both
Wales.	Vale of Clwyd.	Llanbedr Hall, Ruthin, North Wales.	Sanatorium, Ruthin.	15 now, 20 soon.	Both
„	Nordrach in Wales (Pendyffryn Hall).	Conway.	Pendyffryn, Penmaenmawr.	18	Both
Scotland.	Grampian.	Kingussie.	Kingussie.	20	Both

SANATORIA.

Terms.	Nearest Town.	Means of Access.	Alt. above Sea.	Seaside or Inland.	Remarks.
£5 5s. A few rooms £4 4s.	Farnham.	S.W. Ry., Farnham. Cab to Sanatorium.	390ft.	Inland.	Climate: Mild, bracing. Pines, heather, sand. Modern sanitation. Fireplaces in bedrooms.
2 guineas weekly.	Dorking.	L.B. & S.C. Railway and S.E. Railway.	About 300 feet.	Inland.	Climate: Mild, but bracing. House detached and standing in its own grounds.
2½ guineas weekly.	Cromleigh, Surrey.	Rudgwick Station, L.B. & S.C. Ry., ½ mile.	400ft.	Inland	Climate: Sunny, dry Bracing air.
2 guineas weekly.	Grangeover Sands within 2 miles.	Conveyance from Grange Station on Furness Ry.	110ft.	1 mile from sea.	Climate: Mild, genial. Mostly for the working class of Westmorland. A few beds for outsiders.
£5 5s. weekly.	Ruthin.	2 mile drive from Ruthin on L.N.W. Railway.	450ft.	Inland.	Climate: Bracing, mountain air. Treatment as at Nordrach, where both Physicians have been patients.
£5 5s 0d. inclusive.	Penmaenmawr.	Conway and Penmaenmawr Stations.			
£4 4s. 0d. per week.	Inverness.	Direct line of rail from Perth.	850ft.	Inland.	Climate: Dry and bracing. The open air treatment has met with marked success here.

SANATORIA.

Locality.	Name of Institution.	Postal Address.	Telegrams.	No. of Beds	If both Sexes.
Scotland.	Woodburn.	Woodburn Sanatorium, Morningside, Edinburgh.	Woodburn, Morningside, Edinburgh.	19	Both
"	Ochil Hills Sanatorium.	Milnathort, Kinrossshire. N.B.	Sanatorium. Milnathort.	57	Both
"	Knocksualtach Sanatorium.	Kirkmichael, Blairgowrie. N.B.	Knocksualtach. Blairgowrie.	6	F.
Ireland.	Rosstrevor Sanatorium.	By Warrenpoint, Co. Down.	Sanatorium. Warrenpoint.	23	Both
"	Forster Green Hospital for Consumption and Chest Diseases.	Hospital, Fortbreda, Belfast.	Ballynafeigh.	38	Both
"	Altadore Sanatorium.	Kilpiddor, Co. Wicklow.	Newtown-Mount-Kennedy.	13	Both

SANATORIA.

Terms.	Nearest Town.	Means of Access.	Alt. above Sea.	Seaside or Inland.	Remarks.
5 guineas a week inclusive.	Edinburgh.	Cabs.	280ft. above sea level.	Inland. 4 miles from sea.	Climate : Dry and bracing. Consists of Mansion House, Pavilion and Sleeping Huts. Mansion House was adapted and Pavilion was specially designed for the treatment and opened Oct. '99.
£5 5s. 0d. weekly.	Kinross.	Main railway line within $4\frac{1}{2}$ miles.	800ft.	Inland.	Institution built under the most modern rules.
£3 3s. to £4 4s. weekly.	Blairgowrie.	Coach or Trap from Blairgowrie to Kirkmichael.	700ft.	Inland.	Climate : Dry and bracing, sandy soil. Opened Nov., 1900. House on an elevation, specially prepared for open-air treatment. Revolving shelters, &c., in grounds.
$3\frac{1}{2}$ guineas.	Newry, 10 miles. Belfast, 40 miles.	G.N. Ry. to Warrenpoint, thence by driving.	350ft.	7 miles from open sea.	Climate Equable. Trained Nurses. Resident Physician. Electric installations for treatment and lighting.
6 free, others from 5/- to 25/- a week.	Belfast.	Trams to within $\frac{1}{4}$ of a mile.	About 200ft.	Inland.	Climate : Mild. For the working classes and poor of Belfast and neighbourhood. Secretary, 2, May Street, Belfast.
$3\frac{1}{2}$ to 5 guineas.	Greystones, 5 miles.	Car or Cab.	750ft.	4 miles from sea.	Climate : Bracing, mild, sheltered from North, East and West. Rainfall, 30. Sub-soil gravel. Nordrach treatment.

Health Resorts.

CHAPTER XII.

WHY should our invalids so often go, or so often be sent abroad? So often to die. On this point, the following remarks by a well-known Physician, long deceased, are worthy of consideration:—

“Those who have not witnessed lingering illness and death-bed scenes in distant climes, can form no just conception of the tide of mournful emotions which daily rushes over the mind of the dying stranger in a foreign land. Death is deprived of more than half his terrors by the sympathy of friends, and the consciousness that our ashes will be deposited in the land of our birth, near those whom in life we cherished, loved, or revered. This may be a prejudice—yet it is natural, it is instinctive—and the instincts of nature can seldom be repulsed even by the most philosophic minds. But the sigh of sorrow, perhaps of regret, is not always buried in the grave of the sufferer on these occasions. The companion who counts the tedious hours of protracted disease, and closes the eyes of departed friends in a foreign country, undergoes a terrible ordeal, always harassing to the feelings and not seldom hazardous to life, while the surviving relations at home are subject to the painful anxiety of suspense—sometimes to the stings of remorse, for leaving the suffering victim of an irremediable malady to expire on a foreign shore.”

Are there no places in our own country, where invalids, confirmed or convalescent, as well as persons who are comparatively well, yet requiring change of climate and scene, can obtain the benefit they desire? Are there no advantages in the easy means of communication with friends and relatives, the familiar language, the accustomed times for meals, the simpler and more wholesome food compared with that usually met with on the Continent and elsewhere, the excellent sanitation almost universally found, and the great variety of scenery and climate which

can be visited at a moderate expense? No worry and anxiety with Custom Houses, or Passports! No risk of being arrested as a spy when taking a photograph of any interesting place! No shivery Hotels without fireplaces or proper means of warming should a cold spell of weather occur in these favoured Islands!

We hope, in answer to the above questions, to encourage invalids and persons desiring change to give the British Health Resorts a fair trial before going elsewhere. With this object we give a brief but concise account of as many Health Resorts in Great Britain as possible, with the means of access, the attractions, the affections they are suitable for, the best season for visiting them, and the accommodation to be found there.

If the information here given is found useful to Medical Practitioners and their clients, and induces health seekers to try the effects of British climate and scenery before or instead of going further afield, our object will be attained, and in a future edition we hope to add to the number of Health Resorts and to the information concerning them.

For convenience of Reference, English Health Resorts are divided into two classes: (1) Seaside; (2) Inland. An alphabetical arrangement of (1) not being suitable, three divisions or districts are made, and Dover being taken as a starting point, a Southern Division takes us along the South Coast to the Land's End. This Division includes the Isle of Wight, and the Channel Islands, and the Scilly Islands. The Eastern Division extends from Dover Northwards along the East Coast to Berwick-on-Tweed. The Western Division carries us from Land's End to the Solway Firth, and includes Wales and the Isle of Man.

Dover.—South aspect, sheltered from N., N.E. and N.W. Climate dry, tonic, and bracing, temperate, except in January and March, when it is an undesirable place for invalids. Number of rainy days below the average of most south coast stations. Good water supply. Death rate

about 15 per 1,000. Suitable for (1) Bone and Joint Diseases; (2) Early Phthisis; (3) Chronic Bronchitis; (4) Dyspepsia; (5) Diarrhœa and Dysentery; (6) Insomnia. Unsuitable for (1) Advanced Phthisis; (2) Chronic Bronchitis of the Aged; (3) Rheumatism; except in the summer.

Access, S.E. & C. Railway. Hotels, see tables.

Folkestone.—S. and S.E. aspect. Sheltered from N., N.E. and N.W. Very sunny. Good sea bathing. Hydraulic lift from lower to higher levels. Plenty of amusement and recreations. Climate dry, temperate, and healthy. Rainfall and rainy days below average. Death-rate about 15 per 1,000. Suitable for (1) Scrofulous and Tuberculous Cases; (2) Bronchitis; (3) Rheumatism; (4) Renal Disease; (5) Convalescence from any Debilitating Illness. Unsuitable for (1) Neuralgic Cases; (2) Asthma and persons subject to Catarrh and Skin Diseases.

Access, S.E. & C. Railway. Hotels, see tables.

Sandgate.—South aspect. Protected from N., N.E. and N.W. Dry, sandy soil. Continuous rain very exceptional. Invalids rarely confined to house for whole day. Equable temperature. Plenty of sunshine. Fogs rare. Delightful walks and drives. Suitable for (1) Anæmic, Scrofulous and Tuberculous Cases; (2) Bronchitis; (3) Convalescents except from Neuralgia and Rheumatism. Unsuitable for (1) Asthma; (2) Chronic Rheumatism; (3) Eczema. Longevity frequent among residents. Good water supply.

Access, S.E. & C. Railway.

Hythe.—Death-rate 14.2 per 1,000. Zymotic Disease almost unknown. Good sea bathing. Situated at sea level.

Hotel, The Seabrook. Access, S.E. & C. Railway.

Hastings and St. Leonard's.—S. and S.E. aspect. Sheltered from N., N.W. and N.E. Fine expanse of sea. Good public parks and gardens. Long sheltered esplanade. Climate mild, sunny, very free from fog. Water supply good, and soft. Zymotic Disease very uncommon. Longevity very frequent. Constant supply of salt water

for streets, baths, &c. Suitable for Phthisis, Chronic Bronchitis, Dysentery, Nervous irritability, and Convalescents generally. Not suitable for those requiring a very bracing climate. Many asthmatic persons derive benefit.

Access, L.B. & S.C. Railway. Hotels, see tables. Resident Patients, see page 87.

Bexhill-on-Sea.—Climate sunny, bracing, very healthy. Suitable for Phthisis, Anæmia, Scrofula, Renal and Respiratory Diseases, Zymotic Disease very rare. Death-rate 10.38 per 1,000. Longevity very frequent. Water supply good. Good sea bathing. Drainage excellent. Not suitable for Neuralgia, Chronic Rheumatism, Skin Diseases, or Asthma.

Access, L.B. & S.C. Railway. Hotels, see tables. House for Resident Patients, see page 101.

Eastbourne.—E. and S.E. aspect. Much sunshine, pure air, absence of fog. Sheltered on W. and S.W. Plenty of shelter in the town from N. and E. winds. Great number of detached and semi-detached houses. Clean, quickly drying roads. Good water supply. Equable temperature. Moderate rainfall.

Suitable for (1) Scrofulous and Tuberculous cases; (2) Bronchitis and Catarrh; (3) Renal Disease; (4) Acute Rheumatism, (5) Skin Diseases; (6) Malaria. Unsuitable for (1) Chronic Rheumatism and Rheumatoid Arthritis; (2) Neuralgias; (3) Convalescents and General Debility.

Access, L.B. & S.C. Railway. Hotels, see tables. House for Resident Patients, see page 103.

Seaford.—Sheltered from N. & E. Dry soil. Climate dry, sunny, tonic and bracing. Summer cool and winter mild. Rainfall below average. Sanitation and Water supply good. Two large Convalescent Homes. Sea-bathing good. Longevity of inhabitants proverbial. Suitable for (1) Anæmia and Debility; (2) Scrofulous and Tuberculous cases; Phthisis (not advanced), from June till Christmas; (4) Renal Disease; (5) Malaria. Unsuitable for (1) Bronchitis and Catarrh, except in summer; (2) Eczema.

Hotels, see tables.

Brighton.—Aspect S. and S.W. Protected from N. and E. by the South Downs. Climate clear, sunny, and bracing. Land fogs uncommon. Average number of rainy days, 174. The ground dries rapidly after rain. Death-rate, especially from zymotic disease, low. The system of drainage is excellent, and the water supply is very good, though there is some degree of hardness which is temporary and removable by boiling. There are about 3 miles of sea front, with good sea bathing, and good sea baths are to be had in the town. There are many attractions at Brighton, such as the West Pier, the Pavilion, Theatre, the Downs, Aquarium, &c., while the shops of all kinds are most excellent. The climate of Brighton is usually divided into three districts, which are quite distinct. This extreme variation is due to the extended coast-line, variations in the nature and elevation of the soil, and the differences of shelter, and is often overlooked by visitors, who either do not know, or forget how much the influence of sea air may be modified by local circumstances. To the East, on the East Cliff the climate is dry, elastic and bracing. To the West, at Hove, the climate is milder and damper, though still bracing; towards the centre of the town and inland a somewhat intermediate condition, and more sheltered is met with. Those who pay a visit merely for change and pleasure may choose the central or town division, where they may more easily meet with the conveniences and artificial excitements of life. The decision of the invalid must lie between the East and West districts, and should be guided when possible by skilled local advice. Speaking generally, the East Cliff is most suitable for persons suffering from a relaxed state of the system, such as strumous, scrofulous, and anæmic cases, and sufferers from malaria, chronic bronchitis, and phthisis. The Western district is suitable to those who are delicate and nervous. The best season at Brighton is from June to October for summer visitors and sea bathers; from the latter date to March for those who require to winter in a mild but not thoroughly protected climate. March, April and May are the worst months at Brighton for invalids. Brighton cannot be

recommended to those who suffer from irritable dyspepsia, biliousness, congestive headache, epilepsy or cutaneous affections.

Hotels, see tables. Houses for Resident Patients, see pages 85, 88.

Worthing.—S. and S.W. aspect. Sheltered from N., N.E. and N.W. and E. A considerable stretch of level ground between sea and hills gives a great variety of walks and drives without passing into a different atmosphere. Climate equable, soft and mild. Number of rainy days below the average. Fogs very rare. Prevailing winds from S.W., W. and S. The absence of reflected heat owing to the loamy soil renders it equally appropriate as a residence throughout the year. The sea bathing is almost unequalled. The death rate is low, especially among children. Worthing is specially suitable for cases of Whooping Cough, Chronic Bronchitis and Asthma, Chronic Rheumatism and Renal Disease, Invalids returning from hot climates, and lastly, is particularly appropriate for aged people and children.

Hotels, see tables.

Bognor.—S. aspect. Very extensive sands, good sea bathing. Sheltered from N. and N.E. Rainfall below average. Climate dry and mildly bracing. Soil soon dries. An excellent resort for children if they have no tendency to ague.

Hotels, Royal Norfolk, Royal Pier. Boarding Houses, Lansdowne, Arlington.

Hayling Island.—S. and S.W. aspects. Mild, equable climate, fair sea bathing, good Golf Links. Excellent place for quietness and rest to those who have been overworked. Hotels, Grand, Royal.

Southsea.—S. aspect. Sheltered from all points except E. Situated on sea level. Beach shingly, bathing good, though somewhat cold. Climate somewhat humid, though not foggy, mild. Drainage good. Water supply copious and pure. Death-rate low. Good boating,

yachting, and steamboat service. Favourite summer resort for convalescents; and many subjects of Chronic Lung Diseases may winter here with safety and advantage. The many sights and incidents of the Dockyard and Garrison afford constant interest.

Houses for Resident Patients, see page 97. Hotels, see tables.

THE ISLE OF WIGHT.

Sea View.—Good bathing, Pier, and special service of steamers in season. Quiet and healthy. Convenient for summer or autumn as a resort not over-run with tourists. Good for children.

Comfortable accommodation at moderate prices. Access by carriage from Ryde, or steamer from Southsea.

Sandown.—S.E. aspect, exposed to S.E. and S.W. winds. Climate mild, tonic, sunny, temperate. Sea view very beautiful. Good sands and bathing. Few rainy days, though rather high rainfall. Sanitation good. Water supply abundant, soft and pure. Death-rate low. Special precautions must be adopted in recommending Sandown to patients, on account of the exposed conformation of the place, the comparative want of local shelter, the prevalence of W. and E. winds, the presence of clay and marshy land near the town, and the prevalence of acute pulmonary disease in the late winter and early spring. The best season is in summer (when it is pleasantly cool) and in autumn and early winter, when it is comparatively mild and free from fogs. Certain cases of valvular disease of the heart recover compensation well here, and many asthmatics, as well as anæmic, and phthisical patients derive benefit if sent in the early winter. Access, Sandown Station on L.B. & S.C. Ry. Hotels, Royal Pier, Sandown. Boarding Establishment, Chatsworth.

Shanklin.—Aspect due E., protected from S.W. Soil dry. Good drainage. Good sands and bathing. The Esplanade Pier affords a long sheltered promenade. Good

water supply. A desirable place for delicate children, and in the spring, summer and autumn for invalids with chest diseases, if they can take at least moderate exercise, for the air is bracing. Cases of mental derangement with excitement do well at Shanklin. Unsuitable for anæmia, rheumatism and neuralgias, and skin diseases. Death rate 12 to 14 per 100. Old age frequent.

Access, Shanklin Station on L.B. & S.C. Railway.

Hotels, Daish's, and Hinton's Royal Spa.

Ventnor.—S. aspect generally, the eastern extremity faces S.E., the western S.W. Sheltered from N., N.E., N.W. and S.W. Soil dry and absorbent, but gives an abundance of light irritating dust in dry weather, and objectionable mud after continuous wet. Climate mild in winter, cool in summer, bright and sunny, low humidity, average rainfall, but relatively few rainy days. Drainage excellent. Water supply good and pure though hard. Death-rate, excluding visitors only, 7.6 per 1,000. Zymotic Disease very rare. The sea views are beautiful, and interesting owing to the number of vessels passing up and down Channel. Good sea bathing. Fine esplanade and pier. Owing to the range of altitude in the situation of the different terraces above the sea, dyspeptic and still more asthmatic patients may try a variety of heights till they find one that suits them. On the other hand the steepness of the streets makes them unfit for patients with serious lung or heart trouble, unless they consent to be wheeled about. Ventnor is specially suitable for (1) Incipient Cases of Phthisis, without much fever, or tendency to hæmoptysis; (2) Nervous Dyspepsia and Excitement; (3) Delicate Children and Aged Persons. Not so suitable to advanced Consumptives, persons suffering from Neuralgia, Eczema, Habitual Constipation or a tendency to Calculus.

Access, steamer from Portsmouth, then L.B. & S.C. Railway. Hotels, Cass's, Crab and Lobster, Queen's, Royal, and Royal Marine. Boarding Houses, Balmoral, Solent, Clarendon, Hillside.

Freshwater.—Sheltered from S. and W. Plenty of local shelter. Air pure and bracing in summer. Cold in winter. Water supply good. Suitable for convalescents after acute disease or operation, and sufferers from phthisis in the early stage who can take exercise on the Downs.

Access, by I.W. Central Railway from Newport.

Hotels, Albion, Freshwater Bay, and Lambert's.

Totland Bay.—W. and N.W. aspect. Bracing climate, pure air, good bathing, and sea trips, lovely and interesting sea views. Good place for convalescents and persons suffering from overwork. Access, by steamer from Portsmouth, Southampton, Lymington or Bournemouth in the summer. Drive from Yarmouth in winter. Hotel, Totland Bay. Good lodgings also to be had.

Cowes.—*East Cowes* has W. aspect, protected from E. *West Cowes* has N.E. aspect and is sheltered from S. and S.W., and is exposed to N. gales, being thus either too relaxing or chilly. The westward extension however is more sunny and bracing. Water supply good, and drainage excellent. Death rate low. Excellent bathing, and sea trips. Most interesting sea on account of the number of yachts and other vessels continually passing and assembling. Persons suffering from lung complaints derive benefit from East Cowes, while convalescents from acute disease, and sufferers from nervous excitement and irritability do well here.

Access, steamer from Portsmouth and Southampton, and by I.W. Central Railway, and L.B. & S.C. Railway.

Hotels, Crown, Globe, Gloster, Fountain and Marine.

Ryde.—Exposed to N. and N.E., protected from S.W. Climate dry and sunny, and free from fogs. Drainage and water supply good. Death rate low, longevity very common. Zymotic disease rare. Good pier, sea trips, walks and drives. Most interesting sea. Suitable as a summer resort for delicate adults and children.

Access, steamer from Southsea, Portsmouth and Southampton.

Hotels, Royal Eagle, Royal Esplanade, Royal Pier and Yelf's.

THE CHANNEL ISLANDS.

Jersey.—Somewhat exposed to winds, which are generally moist and salt-laden, but fairly sheltered from the N. Climate mild, moist, and somewhat relaxing, except in spring. Milder, though wetter than England and Wales during the autumn and winter. October and January, the coldest months. However, there is a great deal of sunshine during the autumn. March and April are the most unsuitable months for invalids. Jersey is said to be the most sunshiny place on the whole in the British Isles. The sanitation and water supply have been much improved of late years, and are now considered good.

The climate of Jersey is specially suitable for aged persons, and those suffering from bronchitis; also rickety children and persons suffering from malaria find great benefit, but they should not stay during the early spring months. The indications are against rheumatic, and neuralgic, and cutaneous affections, as well as renal disease.

Access, steamer from Southampton and Weymouth.

Hotels, see tables.

Guernsey.—Exposed to the N. winds. Rather cool in spring and early summer. Best season from May to Christmas. Climate somewhat moist, but not relaxing. Plenty of sunshine. The drainage and water supply are now fairly good. Longevity is very frequent. The indications for and against residence here are much the same as those given above for Jersey, except that Guernsey is more bracing, and less sheltered. As holiday resorts for those desiring change and interesting scenery and customs, these Islands can be strongly recommended. The cost of accommodation and living is very moderate. Access, the same as for Jersey.

House for Resident Patients, see page 96.

Hotels, see tables and advt. at end of book.

Sark.—A very pleasant quiet place for persons desiring complete rest and quietude, with plenty of fresh, pure, sea air.

Access, by steamer from Guernsey.

Hotel, Dixcart, see tables.

Bournemouth as a Health Resort is almost unrivalled for its beauty and healthy climate. Sheltered on the N. and E. it is warm in winter and cool in summer. During the autumn and winter the range of temperature is slight, and in the summer the air tempered by the sea-breezes is several degrees cooler than that of London and other inland places. The soil being sand and gravel soon dries after rain, so that there are few days when one cannot spend part at least of the day in the open air. The water supply is good and plentiful, the drainage is thoroughly efficient. The roads are unequalled for driving, cycling, and walking. There is a complete system of tramways throughout the town, so that visitors can get about with ease and rapidity. The sands are excellent for sea bathing, and as a play ground for children. There is a fine pier with shelters, where the first class Municipal Band plays excellent music. During the summer there are regular steamer trips to all the places of interest along the coast; the steamers are large, comfortable and well appointed. The Winter Gardens, centrally situated, and comfortably warmed in the winter are a great attraction, excellent concerts or entertainments of a popular character being given twice daily. A great feature is the extent of Public Gardens and open spaces, interspersed with great numbers of pine trees as well as deciduous trees. Bournemouth has a death-rate of only 11·5 per 1000 according to the return for 1901, while the mortality from zymotic disease was only ·30 per 1000 in a population of 60,000. There is an excellent supply of good milk. Among other amusements are Golf Links, Cricket and Tennis and Hockey Grounds, interesting coach drives to the New Forest and elsewhere. The Churches and Places of Worship are numerous and easily accessible. There are two Theatres where first-class entertainments are provided regularly.

Bournemouth is recommended for persons suffering from phthisis, especially 'quiescent' cases, though active cases in the first stage usually improve rapidly. Winter cough, and chronic bronchitis and asthma all benefit by the

mild dry climate and soil, and the salubrious action of the pine trees. Persons convalescing from pneumonia, pleurisy, typhoid, renal disease, and operations, do well here. Delicate, ricketty children, and persons suffering from malaria or other effects of hot climates find the climate very beneficial. Bournemouth does not suit invalids who have to be confined to the house, phthisical patients suffering from active tuberculosis with fever and much expectoration, persons suffering from rheumatism or neuralgia, or dry bronchial or laryngeal catarrh.

Houses for Resident Patients, see pages 83, 86, 95, 97.

Hotels and Boarding Houses, see tables.

Milford-on-Sea and Barton-on-Sea.—S. and W. aspect. Climate sunny and very bracing; soil dry. Scenery most attractive, being between the New Forest and the Isle of Wight; good golf links. Very suitable for convalescents and overworked City or professional men.

Access, L. & S.W. Railway, Milton Station, where Bus meets trains.

Hotels, Barton Court, and see tables.

Swanage.—E. aspect; sheltered from N., S. and W. winds. Lovely bay, good bathing and sea trips. Climate sunny, dry and bracing, fogs very rare. Old age frequent. An excellent resort at any time, except perhaps in the early spring, for any one requiring a bright bracing air with beautiful and natural surroundings.

Access, L. & S. W. Railway, or steamer from Portsmouth, Southampton, Bournemouth or Weymouth.

Hotels, see tables, also the Grove and Royal Victoria.

Weymouth.—Due East aspect, protected from S.S.W. and N. Magnificent bay, with level sands and fine sea bathing. Soil dry. Climate mild, bracing, dry, equable, cool in summer, warm in winter. Amount of cloud and rainy days much below the average of seaside resorts. Water supply excellent. Good sea trips and plenty of marine interests. Well adapted for scrofulous and phthisical subjects from late spring to autumn, and also for con-

valescents after acute disease or operations. A delightful seaside resort for those requiring rest and relaxation.

Access, L. & S.W. Railway, G.W. Railway, Somerset and Dorset Railway, L. & N.W. Railway.

Hotels, Victoria, Royal, Crown, Marine, Burdon, and Clarence House Boarding Establishment.

Lyme Regis.—A pleasant little town, with interesting and beautiful Undercliff. Sheltered and bracing. Can be recommended as a summer residence for persons in delicate health.

Access, Axminster Station on L. & S.W. Railway.

Seaton (Devon).—A pleasant little seaside place, with a fine bracing climate, tempered by a soft mildness. It is surrounded by beautiful scenery, and has a fine sea prospect as far as Portland Bill. Is near mouth of River Axe. Very suitable for persons requiring a temperate yet bracing climate.

Access by L. & S.W. Railway through Seaton Junction.

Hotels, Seaton Beach, Seaton Clarence Hotel Co.

Sidmouth.—Sheltered from all but moist and balmy winds. Climate mild and exceptionally sunny, and the rainfall is 26 per cent. below that of the rest of Devon. Drainage and water supply excellent. The climate is particularly favourable for mixed catarrhal and cardiac forms of Asthma, Bronchitis, and the so-called Indian Cachexia. The autumn and winter are mild, while the summer is delightfully fresh and cool compared with inland stations. The sea bathing is very good.

Access, L. & S.W. Railway by Sidmouth Junction.

Hotels, Knowle (see tables) Bedford, London, Royal York.

Budleigh Salterton.—A pleasant little watering place, lying in a sheltered valley, chiefly frequented in the summer, but also well adapted as a winter residence for invalids preferring quiet, together with a mild and not relaxing climate.

Hotel, The Rolle, see tables.

Access, L. & S.W. Railway by Sidmouth Junction.

Exmouth.—A cool and salubrious summer residence for those requiring sea air and sunshine, but can hardly be recommended as a winter resort.

Access, L. & S.W. Railway and G.W. Railway by Exeter.

Hotels, Imperial, Royal Beacon, London.

Dawlish.—Situated in a valley open to the East, but sheltered from all other points. Beach sandy, bathing excellent. Drainage and water supply very good. Climate mild and balmy. Excellent place for children, and invalids who cannot take much exercise.

Access, G.W. Railway.

Hotels, Albert, Royal, Southwood's London, and Ivona House Boarding Establishment.

Teignmouth.—A health resort much frequented in the summer. It is somewhat exposed to the East winds which prevail chiefly during March, April and May. However, it is sheltered from the N. and there is good local shelter from cold winds. Good sands for bathing. Good drive and promenade skirting the sea. Soil dry. Rainfall, rainy days and humidity moderate.

Access, G.W. Railway.

Hotels, Royal, London, Queen's (see tables.)

Torquay.—Sheltered on all sides, except the South, comparatively dry and sunny, and free from land fogs, though thick warm mists come off the sea at times. Climate mild, equable, rainy days below the average, frost and snow rare. The summer is comparatively cool. Drainage excellent. Water supply constant, soft and pure. The scenery around is beautiful and interesting. The higher parts, such as Park Hill, Waldon Hill, the Braddons, and Babbicombe are decidedly bracing. Torquay may be recommended for phthisical cases in the earlier stages, chronic bronchitis, bronchial and cardiac asthma, recurrent irritative catarrh in children. It is not so suitable for renal, rheumatic, or neuralgic affections, and is unfavourable for skin disease, especially eczema, and cases of cardiac disease.

Access, G.W. Railway.

Hotels, Belgrave (see tables), Imperial, Queen's, Osborne, Torbay, Victoria and Albert, Western.

Boarding Establishments, Torquay, Livermead House, Templestone, Beacon House, Cumper's, Edlington, Elford-leigh, and Dolbear.

Totnes.—A pleasant, clean little summer resort, with a mild equable climate.

Access, G.W. Railway.

Hotel, Seymour, see tables.

Paignton.—Pleasant in summer or winter. Fine sands and bathing. Promenade pier and pavilion, spacious esplanade. Climate mild and equable. More open and bracing than Torquay.

Access, G.W. Railway.

Hotels, Esplanade, Gerston, Green's, Brynwillow House.

Salcombe.—This place is said to possess the mildest climate in England, the winter temperature is seldom below 50°, but can scarcely be recommended till it is more accessible, and the drainage and water supply works are completed.

Hotel, the Marine, and fairly good new lodging houses.

Plymouth.—In many respects this is one of the most interesting health resorts on the South Coast. It is a sea-port enlivened by vessels of every kind, and is a garrison town. The scenery seawards and landwards is varied and beautiful. The bathing is unequalled. The trips by sea and land are numerous and delightful. On the Hoe is one of the finest promenades in England. The town is picturesque and full of attractions and amusements. The climate, though humid, is mild and pure, and in the matter of sunshine is outshone only by Falmouth and Jersey in the British Isles. The drainage is good, the water supply is constant, soft and pure. Persons suffering from rheumatism, or neuralgia, eczema, or heart disease, or renal disease, should not be sent here; but the old and feeble.

convalescents from acute or long-continued illness, sufferers from early phthisis and bronchial affections, will find the mild sunny climate beneficial. It will not suit melancholics, but might be found suitable for cases of nervous excitement and irritability.

Access, G.W. Railway. House for Resident Patients, see page 89.

Hotels, Grand, Duke of Cornwall, Royal, Central, Chubbs, Hoe Mansion Pension (see tables).

Fowey.—Climate fairly mild, unless the wind be from the East. There are pleasant boating and steamer trips and many pretty walks and drives. Suitable for those requiring quiet and rest with pleasant surroundings. Winter climate equable, summer cool.

Access, G.W. Railway.

Hotels, Fowey, Ship, King of Prussia, St. Catherine's, Cotswold House.

Falmouth.—Remarkable for its equable and sunny climate, being outshone by Jersey only amongst the seaside stations in the British Isles. At the same time the rainfall and number of rainy days is high. Land and sea scenery beautiful and interesting. There is fair sea bathing. Good boating, and sea and river trips, as well as pretty walks and drives. Sufferers from pulmonary, scrofulous, and renal complaints find benefit here. It is not suitable for rheumatic, neuralgic or cutaneous affections, or anaemia.

Access, G.W. Railway from Truro Junction.

Hotels, Falmouth, Pendennis, Greenbank, Royal.

Penzance.—S.E. aspect, sheltered from W. and N. Climate mild, being warmer in winter than any other seaside station in England. According to Sir James Clarke there is no other seaside resort where invalids can spend so much time out of doors. The neighbourhood is interesting. Frost and snow are very rare. Though there is much rain, yet there is much sunshine. As a winter resort it can be recommended for persons suffering from weak lungs, or throats, while in the summer it is a delightful place for a weakly child, or a toil-worn parent. There is

a good esplanade, and invalids can get exercise without having to climb hills. There are good public baths, museum, and gardens, and golf links. Few other places have laid themselves out for winter patients as Penzance.

Access, G.W. Railway.

Hotels, Mounts Bay (see tables), Queen's, Union, Western, Dingley's.

THE WEST COAST DIVISION.

This extends from St. Ives in Cornwall to Silloth in Cumberland, and includes the Scilly Isles, Wales, and the Isle of Man.

St. Ives.—W. aspect. The chief feature of the climate is the prevalence of high winds, which arise somewhat suddenly, and change rapidly, necessitating great care as to clothing on the part of invalids, otherwise the climate is most equable. Soil sandy and dry. Sands and sea bathing good. Good water supply. This resort may be recommended for scrofulous, anaemic and delicate persons, sufferers from malaria, renal disease, or calculus, or skin diseases (except eczema), or delicate throats. It is not so favourable for rheumatic and nervous affections, or diseases of the respiratory organs. The neighbourhood is interesting, and the sea is beautiful. The usual season is in August and September. Good sea fishing and boating. There are none of the usual artificial attractions of seaside places, and peace and quiet can be thoroughly enjoyed here.

Access, G.W. Railway by St. Erth Junction.

Hotels, Western (see tables), Tregenna Castle. Cornubia at Hayle.

Scilly Islands.—Climate mild and equable and relaxing. Rainfall and rainy days not excessive. Plenty of sunshine. Snow and frost rare. Exposed to all winds, though there is a fair amount of local shelter. The air is as marine as on the deck of a steamer on the Atlantic. The mean temperature is 52.4. February and March are the coldest

months, though here they are several degrees warmer than any place on the mainland. The climate is not considered suitable for phthisical, or anæmic, or rheumatic persons, but is very beneficial to bronchial affections, and aged people. Also anyone desiring perfect quiet cannot do better than go to Scilly. The chief drawbacks are the difficulty of getting there, and of leaving, as the passage is apt to be rough and in stormy weather health-seekers may have their return delayed. However as the boats run pretty frequently in the finer months and twice weekly in the winter, one could wait at a comfortable hotel at Penzance and choose a favourable day. These Islands are beautiful and most interesting.

Access, Steamer from Penzance.

Hotels on St. Mary's, Holgate's, Tregarthen's, Lyonesse.

Perranporth.—Climate equable, dry and bracing. Fine sandy beach, with good bathing. Many sheltered picturesque walks. Magnificent sea. Winter temperature seldom below 48°. Water supply pure and soft. Longevity very frequent. May be recommended for persons suffering from scrofulous and tuberculous affections, bronchitis and asthma, renal disease and calculus, anaemia and debility, malaria, chronic skin disease, convalescents from fevers, in fact for almost any ailment except rheumatism.

Access, from Chacewater Station on G.W. Railway, or from Newquay Station on G.W. Railway. A branch railway will soon be finished from Chacewater through Perranporth to Newquay.

Hotels, Phillip's, Olven's.

Newquay.—Exposed to the S. and W. and not much sheltered from N. and E., yet the climate is mild, equable and bracing. The scenery is interesting and the sea views beautiful. The sea bathing is good. There are golf links, tennis courts and a Club. The drainage and water supply are in good condition. The climate is favourable for most invalids, except perhaps those suffering from rheumatism and neuralgia.

Access, G.W. Railway from Par Junction.

Hotels, Atlantic, Watergate Bay, Victoria, Great Western. Boarding Houses, Penolver, Fistral Bay, Moirah (see tables). House for Resident Patients (see page 93).

Padstow.—A very suitable place for those suffering from asthma and bronchial affections, also from anæmia, renal and strumous diseases. Unfavourable for rheumatism or cutaneous disease.

Access, G.W. Railway from Bodmin.

Hotels, St. Petrocks, South-Western.

Tintagel and Boscastle.—The climate here is pure and bracing. Frost and snow are rare. Tintagel is more elevated than Boscastle, rising to 500 feet above the sea. The air here stimulates persons to walk without fatigue. Very suitable for phthisical and asthmatic cases, and those who suffer from renal disease, and skin disease, except eczema. Rheumatic and bronchial cases should not be sent here.

Access by 'bus from Camelford Station on the L. & S. W. Railway.

Hotels at Tintagel, Castle, Wharncliffe Arms, King Arthur's Arms, Clifton House, Tintagel House. At Boscastle, The Wellington.

Bude Haven.—Chiefly a Summer Resort, but owing to its mild, equable and moderately bracing climate can be recommended as a suitable wintering place for those suffering from anæmia and debility, whilst in the summer the air is bracing and invigorating for those who require change from hard work or town residence. The drainage and water supply are good. Longevity is very frequent. The air does not suit rheumatism or neuralgia.

Access, L. & S.W. Railway.

Hotels, Falcon, Brendon's. Erdiston, Blanchminster Boarding Houses.

Westward Ho. — The climate here is equable and bracing. The aspect is N., and the place cannot be called sunny, as it is surrounded by high ground except on the north. It can be recommended only to those who have

some interest in golf, have travelled, and have some acquaintance with the Military, Naval, or Civil Services. The neighbouring scenery is very interesting, and the society is good. Anglo-Indians and retired officers and their families find it a congenial and healthful spot.

Hotels, Royal, Pebble Ridge, Fosketh's. Boarding Houses, Rowena, Torridge, The Villa.

Access, L. & S.W. Railway from Bideford.

Ilfracombe.—Sheltered from all northerly winds, but somewhat exposed towards the West and East. The drainage and water supply are excellent. The climate is equable, mild, yet bracing. Though the number of rainy days is considerable, yet there is a good deal of sunshine, and the soil quickly dries. The best time is early in autumn, as it is most crowded in August and September. But phthisical patients, sufferers from malaria, skin disease, except eczema, and renal diseases may be recommended to winter here. It is an unsuitable place for rheumatic or neuralgic, chronic bronchial or tuberculous affections, or anæmia. There are no sands, but yet there is good and convenient sea bathing. The excursions in the neighbourhood by walks, drives and sea trips are numerous and interesting. The death-rate is very low, and the inhabitants live to a hearty old age. The place is well provided with walks, seats and shelters, and the sea views are beautiful and interesting. There is a fine new Winter Garden, where a band plays.

Ilfracombe is well provided with Places of Worship, shops and means of entertainment. There is a good Golf Course. The accommodation is varied and excellent.

Access, by L. & S.W. Railway.

Hotels, Ilfracombe, Royal Clarence, Imperial, Lamb, Belgrave, Queen's, Great Western. Boarding Houses, Runnacleave, Collingwood, Clifton, Dudley, The Esplanade, Fortescue, The Grand, Granville, Montebello, Grosvenor, Popham's, &c.

Lynton and Lynmouth.—The former is open, airy and bracing; the latter sheltered and milder. The chief

attractions are the excursions, short or long, which may be enjoyed by walks or drives in every direction. There is little bathing to be had, except at the Sillery Sands about a mile away. The death rate is low. Any kind of invalid almost, except those who are rheumatic or neurotic, may find benefit here.

Access, L. & S.W. Railway from Barnstaple, or by coach from Minehead during the summer from Easter to October.

Hotels, at Lynton, Royal, Vale of Rocks, Kensington; Boarding Houses, Lyn Vale, Stourton House, Waterloo House. At Lynmouth, the Lyndale, Tors, Bath; Boarding Houses, Aberlynn, Lynmouth.

Porlock.—A pleasant, bracing resort for those requiring fresh pure air from town life, or during convalescence, or for neurotic cases.

Access, by coach from Minehead. House for Resident Patients (see page 85).

Hotels, Ship, Castle, Lorna Doone, also Porlock Weir Hotel.

Minehead and Dunster.—Protected from all points but the East. The shore is flat and shingly and much used for bathing. Soil porous and soon dries after rain. There are many beautiful walks and drives, and the Parks are exposed to the sun all the day. The climate is temperate, equable, dry and bracing. The drainage is good, and the water supply pure and abundant. The native residents are remarkably healthy and longlived. Zymotic disease almost unknown. This resort can be recommended for persons convalescing after operation, or acute or long-continued illness, or malaria. It is very suitable also for children who are delicate; sufferers from chronic bronchitis, asthma, hay fever, cardiac disease, insomnia or nervous excitability and neurasthenia. The only ailments in fact that might not find benefit from this climate of North Somerset are the rheumatic and cutaneous.

Access, G.W. Railway.

Hotels, at Minehead, Metropole (see tables), Wellington, Plume of Feathers, Pier and Beach.

Burnham.—The remarks above concerning Minehead, apply very well to this resort also.

Access, Somerset & Dorset Railway, or by G.W. Railway from Bristol.

Hotels, Royal Clarence. Queen's (see tables).

Weston-Super-Mare.—Sheltered on all sides except the West. The soil dries quickly after rain. Extensive woods behind add to the shelter. The views of the sea and the Welsh Coast, the Channel and its fortified Islands, and varied shipping afford continual interest to visitors. Good bathing and boating. One drawback is the grayness of the sea and the great stretch of muddy shore left at low tide. The mean temperature for the year is the same as that of Ramsgate, viz, 49.8° , that for the winter is 43° . The air is pure and bracing, indeed rather keen especially in the early spring and autumn. The sanitation is thorough, and the water supply constant and abundant, though hard. Zymotic disease rare. Death rate low. There is a very large Sanatorium here which shows the value attached to the climate. Those who find most benefit here are sufferers from nervous disorders, including mental strain and neuralgia (not local forms). Cases of early phthisis and dry bronchial catarrh, or relaxed throats, and other delicate persons will do well during the late autumn and greater part of the winter, but should not stay beyond February. Rheumatic patients, or those suffering from the uric acid diathesis should not visit this place.

Access, G.W. Railway. House for Resident Patients (see page 86).

Hotels, Grand Atlantic and Royal Pier (see tables).

Clevedon.—Aspect N.W., protected from N. and N.E. by hills and woods. Fair beach for bathing, and pier. Many delightful walks and drives. Climate mild, temperate and sunny. Rainfall not excessive. Drainage excellent. Water supply abundant, pure, but hard. As a resort, Clevedon is quiet, beautiful, and restful, and comfortable. Suitable in summer and autumn for persons requiring relief from town life and business, also for old people and

children. Chronic rheumatism, anaemia and debility, malaria and renal complaints may all be benefited here.

Access, G.W. Railway.

Hotels, Walton Park (see tables), Bristol, Royal Pier, The Hydro (see tables).

Portishead.—A quiet restful little spot at the mouth of the Avon, with interesting views of the Coast of Wales, and the entrance of the Avon, with a constant succession of ships passing by. The climate is similar to that of Clevedon and may be recommended in the same way.

Access, G.W. Railway from Bristol.

Hotel, Portishead.

SOUTH WALES.

This district extends from Cardiff to Aberystwith, and includes the counties of Glamorgan, Caermarthen, Pembroke and Cardigan. The climate generally is mild and humid, warm in winter, and cool in summer. The rainfall is considerable, but variable, and the number of rainy days is not excessive in proportion. The wettest months are those from August to the end of March. The prevalent winds are W., S.W. and S.E. and are often vehement. The sunniest periods are in the first and last quarters of the year. The scenery is varied and beautiful, the indented rocky and hilly coastline being most picturesque, while the sea views are beautiful and interesting. Nowhere can more beautiful inland excursions be made.

Penarth.—Aspect, S.W. Good boating and bathing. Good water supply. Drainage in fair order. Pleasant public gardens with beautiful views. Climate mild and moist in summer, winter temperate. Soil somewhat damp. Chiefly to be recommended as a summer resort for delicate persons, and for sea bathing. It is not unfavourable for phthisical cases.

Hotel, Esplanade.

Access, Taff Vale Railway from Cardiff.

N.B.—For those who require a resting place on the

way to this and the following health resorts the following Hotels in Cardiff may be mentioned, The Grand (see tables), Angel, Central, Alexandra, Mount Stuart, Queen's.

Porthcawl.—A pleasant little sea bathing place, with a breezy refreshing climate suitable for health-seekers in the summer or winter. The mean temperature similar to that of Bournemouth. Soil dry and sandy. Good drainage and water supply. Excellent College for boys. Good golf links.

Hotel, Esplanade.

Access, G.W. Railway by Tondy Junction.

Langland Bay, near Swansea. (The Mentone of S. Wales.) Aspect S. Climate mild and balmy. Sheltered from cold winds, a most desirable summer residence. The land and sea views are beautiful. Almost any invalid, except rheumatic, bronchical and neuralgic cases, might benefit by a stay here, when requiring perfect quiet and rest.

Hotels, Osborne (see tables), Langland Bay, Rother-slade.

Access, by Boat from Bristol or Cardiff; by Rail from Swansea to Mumbles, then drive.

Ferryside.—A small watering place on the river Jorry, much frequented in the summer. Bathing good. Drainage and water supply good. Rheumatic and neuralgia patients should not come here, nor persons suffering from cutaneous diseases. The neighbourhood is pretty and interesting, and the town of Caermarthen is within easy reach.

Hotel, White Lion.

Access, G.W. Railway by Caermarthen.

Tenby.—Situated about 100 feet above sea level on a rocky promontory running E. and W., and having the sea on the N. and S. Sheltered from the N., and also from the strong S.W. winds, it is somewhat open towards the East. The rainfall is rather considerable, but there is also a great deal of sunshine. There are excellent sands for

bathing. The drainage is good, and the water supply pure and abundant. There are many pleasant walks and drives, and the scenery is beautiful. There are good golf links. There are good baths. The climate is equable and mildly bracing. The inhabitants are remarkable for longevity. Tenby can be recommended as a health resort in summer or winter, especially for cases of chronic phthisis, tuberculosis affections of glands and joints, anæmia, renal disease and bronchical asthma. Children and old people do equally well here.

Hotels, Royal Gate House (see tables), Royal White Lion, The Cobourg.

Access, G.W. Railway by Caermarthen.

Fishguard and Goodwick.—Here there is a beautiful bay, with a warm sheltered valley, surrounded with fine mountain scenery. The summer and autumn climate are delightful, and persons suffering from chronic bronchitis might winter here, while in the summer, after June, it is excellent for strumous and anæmic cases and convalescents, as the air is pure and bracing. The bathing is good. There are many beautiful walks. The water supply is good. The inhabitants live to a hearty old age.

Access, by G.W. Railway, 9 hours from London, by Caermarthen and Clynderwen Junction to Goodwick Station.

Hotel, The Wyndcliffe at Goodwick.

Aberystwith.—Aspect W. and N.W., protected on the N.E. and S. by a double chain of hills. There is a good Parade, well lighted, and a good Pier with shelters, and a Concert Room. There is a University College here. There is fair sea-bathing and a good bathing establishment. There are many pleasant walks and excursions. The soil is gravelly and dries quickly. The air is pure and invigorating, so much so that the late Sir James Clarke used to say that a fortnight at Aberystwith was equivalent of a month at most watering places. The climate is genial and equable, the rainfall is seldom more than 27 inches per annum. The drainage is good and the water supply is

abundant, and of the very purest and softest quality. The prevailing winds for three-fourths of the year are from the South and West. Here, owing to the change in the manners, customs, and language of the people, the element of strangeness, which is one of the essentials to enjoyment in travel, affords to the health-seeker the charm of the Continent without the fatigue. The kind of ailments most benefited by this place are chronic phthisis, anæmia and neurasthenia, scrofulous and tuberculous diseases, renal and cutaneous diseases, malaria. It is not favourable for rheumatic and neuralgic persons. Old people do well here. The death rate is low and zymotic disease is rare, and usually imported.

Hotels, Cambria (see tables), Belle Vue, Talbot, Pier, St. George, Devil's Bridge (about 12 miles inland).

Boarding Houses, Avondale, Cliff View, Gwalia House, Ocean View, Waterloo.

Access, Cambrian Railway or G.W. Railway, by Caermarthen.

NORTH WALES.

This district extends from Aberystwith to the river Dee which divides Flint from Cheshire, and includes the Counties of Merioneth, Caernarvon, Denbigh, and Flint, as well as the Island of Anglesey. The climate is pure, and on the whole bracing, though the average temperature is high, especially in winter. The rainfall is high, but varies greatly in different localities. Fogs seldom occur. The number of rainy days varies much with the distance of the hills from the shore. The scenery is very varied and beautiful, both along the coast and inland.

Borth.—A pleasant little resort between Aberystwith and the river Dovey. Lovely scenery and climate. Good sands for bathing. Good fishing, boating, drives and Golf Links. Can be recommended for a winter resort for any one requiring a mild and equable climate and bracing air.

Hotel, Cambrian (see tables).

Access, Borth Station, by Machynlleth or Cambrian Railway.

Aberdovey.—Fully exposed to S. and S.W., sheltered from every other quarter. The climate is delightfully mild and warmer than any other on the Welsh Coast in the autumn, winter, and spring. Snow rarely falls here. Boating and bathing are good. The drainage and water supply are in good order. There are very fine sands for bathing. The walks and drives are beautiful. Phthisical and bronchitic patients who require warmth and shelter in winter, and who desire to spend a good deal of time in the open air, may be strongly recommended to reside here. House for Resident Patients (see page 96).

Hotel, The Dovey.

Access, Cambrian Railway.

Towyn.—A pleasant bathing place and summer resort, but somewhat too exposed for delicate people in the winter and spring. The death rate is very low. The sands are very fine. Many well known physicians have recommended this place as a most desirable place for children, and those requiring a bracing picturesque holiday resort. The water of St. Cadran's Well here is reputed to be efficacious in cutaneous and rheumatic diseases.

Hotels, Carpet Arms, Cambrian.

Access, Cambrian Railway.

Barmouth.—Aspect W. and S.W. Protected from the N. and E. Climate equable and bracing. Average temperature high, and the spring and autumn months are remarkable for their warmth, though the winter also is mild and snow rarely falls here. The rainfall, however, is rather heavy. The drainage is satisfactory, and zymotic disease is very rare. The water supply is excellent. Delightful excursions can be had by sea, land and river. The sands are fine for bathing. Convalescents who require a mild and bracing air can be recommended to come here. The climate is suitable for bronchitic and phthisical cases, in the early spring and late autumn, as there are many places where they can spend the whole day in the open air. The coach drive to Dolgelly is most enjoyable. The soil is sandy and soon dries. The scenery in all directions is

picturesque and beautiful. From personal experience we know of no more delightful place on the West Coast of Wales. There is excellent accommodation of all kinds.

Hotels, Cors-y-Gedol, Barmouth, Orielson Hall (see tables), Criterion; Boarding Establishments, Richmond, Northfield Hall, 1, Belle Vue Mansions, St. Ann's, Tal-y-Don.

Access, Cambrian Railway.

Criccieth.—Aspect S., sheltered from N. A favourite summer resort; the air being bracing and the sands good for bathing. The rainfall is high. The drainage is good, but the water supply might be improved. May, June, and July are the finest months; August is often wet. Rheumatic persons should not come here. Some asthmatic cases derive benefit from the climate. There are fine views of sea and mountain.

Hotels, George, Marine.

Access, Cambrian Railway, or L. & N.W. Railway by Llandudno Junction and Afon Wen.

Pwllheli.—Aspect S., protected on W., N. and N.E. The new town has a fine beach, but is not so sheltered as the old town. The drainage system is good. The chief drawback is the "smelly" state of the large expanse of mud and sand at low tide opposite the older part of the town and the harbour. It is hoped that the dredging of the harbour, which is to be undertaken, will remove this objection. The climate is mild in winter and suitable for bronchitic patients, and in the summer is bright and bracing, and the sands are dry and excellent for sea bathing. The scenery and sea views are very beautiful.

Hotels, West End (see tables), South Beach, Tower; Boarding Houses, Locksley, The Manor.

Access, Cambrian Railway, or L. & N.W. Railway by Llandudno Junction and Afon Wen.

Beaumaris.—The county town of Anglesey has a mild, sunny climate, and a S.E. aspect. Snow is rarely seen here. There is not much shelter except from the W.

and N.W. winds. The drainage and water supply are satisfactory. The sea bathing is good. There are beautiful views of marine and mountain scenery. Pleasant excursions can be made by sea and land. This place is most suitable as a summer resort, for cases of anæmia, renal disease, and phthisis. Asthma, rheumatism and neuralgia do not benefit here.

Hotels, Williams-Bulkeley Arms, Liverpool Arms.

Access, by coach from Bangor, on the L. and N.W. Railway.

Penmaenmawr.—Aspect N.W., sheltered from all other points. Climate mild and bracing, warm in winter. The mountains, however, interfere somewhat with the sunshine. It is a pleasantly bracing place in the summer. The sands are good for bathing. The drainage is satisfactory, and the water supply on the whole good. A suitable place for convalescents and persons requiring a bracing mild climate.

Hotels, Penmaenmawr, Mountain View, Massey's
Access, L. & N.W. Railway.

Llanfairfechan.—Climate very similar to that of Penmaenmawr, but is said to be warmer. It is more open, and more exposed to the W. and S.W. winds, hence the rainfall is higher. In the summer it is a cool and bracing place, and is good for children, old people and convalescents. In the winter also it is suitable for those who require a mild climate with bracing air and beautiful scenery, and a good deal of sunshine.

Hotels, Queen's, Llanfairfechan, Castle.
Access, L. & N.W. Railway.

Llandudno.—This popular resort is protected from the W., S.W. and N.W. winds, and partially from the East. In the winter months the climate is very mild and sunny, and resembles that of the most popular health resorts in the South of England. The air is dry, the average annual temperature high, and the winter climate warm and equable. The rainfall and number of rainy days are low.

Fog, frost and snow are rare. This place is famous for the amount of sunshine it enjoys. The drainage system is excellent, and the water supply is abundant, soft and pure. The soil is dry, zymotic disease is very rare. There are fine sands for bathing, also a large swimming bath. Many delightful inland excursions. There is a fine pier and several places of entertainment, good reading room and public library, lawn tennis grounds and golf links. The marine and land views are beautiful and interesting. This resort may be recommended in the summer for convalescents and asthmatic and phthisical patients in the early stages. There is plenty of room for exercise on the level. In the winter, phthisical and asthmatic and bronchial cases find much benefit, particularly at the Western part of the town under the shelter of the great Orme's Head.

Hotels, Imperial (see tables), Mostyn Arms, Clarence, Prince of Wales, North Western, Marine, Hotel Metropole, Royal, Regent, Washington, Westminster. Boarding Houses, Moon's (see tables), The Bodnant, Heath House, West End.

Access, L. & N.W. Railway by Llandudno Junction.

Colwyn Bay.—Sheltered on all sides except the N. and N.E. However, winds from these quarters are not frequent, and blowing against the hills surrounding the town are deprived of much of their evil effects. The soil is dry; the water supply is abundant, pure and soft, and the drainage is excellent. Fogs are seldom seen. The air is drier than at most seaside health resorts. There is a considerable amount of sunshine. The rainfall is not excessive, and the number of rainy days is below the average, the last quarter of the year being the wettest. From January to April the temperature is higher than that of Bournemouth, from September to Christmas very slightly lower. The winter temperature is remarkably mild and equable. This place is recommended for most cases of phthisis, persons suffering from bronchitis and asthma, and convalescents from pneumonia, and anæmic cases. Rheu-

matism and neuralgia do not find benefit here. Phthisical patients do not do so well here in the summer.

Hotels, Pwllcrochan (see tables), Imperial (see tables), Queen's (see tables), Colwyn Bay, Rhos Abbey; Boarding Houses, Bellevue, "Home from Home," Lockyer's.

Access, L. & N.W. Railway.

Rhyl.—This is essentially a summer resort, being too exposed for a winter residence. There are fine sands for bathing. The air is dry and bracing, the rainfall being very small, and the number of rainy days much below the average. The soil is dry. The drainage has been well attended to, and the water supply is abundant and good though somewhat hard. This place is specially suited for children, and convalescents and phthisical patients during the summer. Asthmatic persons do not, but rheumatic persons do, find benefit from this climate. There is a Winter Garden and Aquarium, and several interesting excursions within easy reach. There is a good Pier and Esplanade.

Hotels, Bee, Belvoir, Imperial, Mostyn, Mona, Queen's, Royal, Westminster; Boarding Houses, Pen-y-Don, Charlton, Marlborough House, Hydro (see page 110).

Access, L. & N.W. Railway.

The remainder of the West Coast division consists of the shores of Lancashire and Cumberland. The health resorts are not numerous, and require but brief descriptions with one or two exceptions.

Southport.—The climate is mild, dry and equable, and is not specially hot in the summer. The sands are very extensive, and at low tide the sea becomes almost invisible. There is little of interest in the way of excursions inland. There is a good Park and Pier, and Golf Links. There are good Hydros (see page 110). The climate is specially suitable for renal and bronchitic affections, phthisis, especially the later stages, and heart disease requiring rest. It may also be recommended for convalescents from acute

lung complaints, and fevers, but is scarcely bracing enough for neurasthenia and scrofula.

Hotels, Esplanade, Palace, Prince of Wales, Royal, Victoria, Marlborough House.

Access, Lancashire and Yorkshire Railway *via* Wigan or Preston.

Lytham and St. Annes.—More bracing than Southport, are suitable for chronic lung and kidney affections. Good Golf Links, and sea bathing.

Hotels, Clifton Arms, Queen's, Grand, at St. Annes.

Access, Lancs. and Yorks., and L. & N.W. Railway *via* Preston.

Blackpool.—The climate is bracing and tonic. There is a very extensive sea front and good sea bathing. The aspect is west. The rainfall and number of rainy days are not excessive. This place is very suitable for convalescents and debilitated persons at almost any time of year. It is not to be recommended for subacute or chronic bronchitis, or active phthisis, or renal disease, or persons subject to congestions, or cutaneous disease. Scrofulous and tuberculous cases, and persons subject to adenoids do well here. The chief drawback is the great number of "trippers" who throng here in the summer months.

Hotels, Metropole (see tables), Grand, Park, Palatine, Royal, Queensborough.

Access, Lancs. and Yorks. Railway *via* Preston.

Morecambe.—Aspect, W., sheltered on all other sides. The heat is never excessive, nor the cold severe. The sea views and inland scenery are most beautiful. There are two fine piers, each with a pavilion, where there are good entertainments. The Winter Gardens are a great attraction. The sands are excellent for sea bathing. The drainage is well carried out, and the water supply is abundant and pure. The death-rate is exceptionally low. Zymotic disease is very rare. This place is recommended for chronic pulmonary troubles, renal complaints, convalescents, and neurotic cases. It is also an excellent

place for children. There is a fine Promenade over three miles in length where invalids can take exercise, or sit and enjoy the beautiful scenery. The place is a good centre for enjoyable excursions, and the roads are excellent for cycling.

Hotels, Atlantic (see tables), Crown, Midland.

Access, Midland Railway, *via* Lancaster.

Grange-over-Sands.—Climate very similar to that of Morecambe and is suitable for similar cases. The best time for invalids at both these places is in the autumn, and early spring and summer months.

Hotel, Grange.

Access, Furness Railway, *via* Carnforth.

Seascale, St. Bees, Maryport, Allonby, Silloth and Arnside—These small places are all more or less frequented in the summer by health-seekers. The climate is bracing and equable, though the rainfall is high. The water supply is abundant and pure. The sea bathing is fairly good especially for children, but the water is generally too shallow for adults. The prevailing winds are W. and S.W. The spring and early summer are the best months. August is usually wet, and the period from Christmas to March is the least agreeable. The scenery is beautiful and interesting, and there are many interesting land excursions. Accommodation is good.

Hotels, at Seascale, The Scawfall. At Maryport, Hodgson's, and The Golden Lion. At Silloth, Criffel, Queen's; Boarding House, 2, Marine Terrace.

Access, by the Furness, and L. & N.W. Railways.

Isle of Man.—The East Coast is hilly and exposed to East winds, but protected from the W. There is much wind in this Island, but little fog. The climate is mild and equable. The rainfall is high, also the average amount of sunshine. The soil is dry. The water supply is good, but the drainage system is not as good as it might be. This climate is suitable for cases of renal disease, tuberculous affections of bones or joints, anæmia and debility, and convalescents generally. In the height of summer it is too

much frequented by trippers to be quite desirable as a place for invalids. The marine and inland scenery is beautiful. At Douglas the bathing is good. There are good golf links.

Hotels, Castle Mona, Douglas Bay, Fort Anne, Grand, Granville, Hotel Metropole, Peveril, Villiers, all at **Douglas**. At **Ramsey**, Albion, Imperial, Mitre. At **Port Erin**, Belle Vue, Bay, Eagle.

Access, by Isle of Man Steam Packet Co. from Liverpool, Whitehaven, Fleetwood, Glasgow and Belfast.

THE EASTERN SEASIDE DIVISION.

This district extends from Dover to Berwick-on-Tweed and comprises the East and North parts of Kent, and the counties of Essex, Suffolk, Norfolk, Lincolnshire, Yorkshire, Durham and Northumberland. The Health Resorts are taken in order from South to North. The climate is bracing, the rainfall low, the amount of sunshine above the average, and fogs are not common. In the summer and autumn it is warm, and invalids are seldom prevented from having daily exercise in the open air.

St. Margaret's Bay.—A delightfully sheltered little village, with a mild, but bracing climate. A good long level promenade. Soil remarkably dry. Rainfall below average. Every wind is off the sea. The drainage is satisfactory, the water supply is good. The best months are from June to Christmas, during which time fogs never occur, and the air is cool and pleasant. This place is suitable for all kinds of lung affections, nervous cases, anæmia and convalescents, but not for rheumatic persons, or asthmatic or cardiac cases.

Hotels, St. Margaret's Bay, Granville Arms.

Access, Drive from Dover.

Ramsgate.—Aspect E., N.E. to S., S.W. The West Cliff is the more sheltered and warmer. The sands are sheltered and good for bathing, but much overcrowded during the "season." The climate is mild, bracing, equable

and dry. The rainfall and number of rainy days low. The sea and harbour are always interesting. The zymotic and ordinary death-rates are very low. The residents live to a great age. The drainage is excellent, and the water supply abundant and pure. The climate is very suitable for anæmia, convalescence from operations and fevers, scrofulous and tuberculous cases, phthisis, malaria. Old people and children do well here. It is not considered so beneficial for rheumatic, neuralgic, and renal cases, or asthmatics. House for Resident Patients (see page 99).

Hotels, Granville (see tables), Paragon House, Castle, St. Cloud.

Access, S.E. & C. Railway.

Broadstairs.—Protected from the N. and W., exposed to the S.S.E. and E. The climate is bracing and equable. There is a good beach for bathing. It is a much quieter place than Ramsgate in the summer season. The death-rate is low. Old age is frequent. This place may be recommended for convalescents, sufferers from "hay fever," anæmia and debility and "fag." It is not suitable for rheumatic and neuralgic persons, or chronic renal or skin disease.

Hotels, Albion (see tables), Balmoral, Grand; Boarding Houses, Glenmere, Willmot, Seafield.

Access, S.E. & C. Railway.

Margate.—The aspect is more or less N.N.E. and N.W., and the place is therefore exposed to the winds from those quarters. The sands are good except at high tide, when they are almost entirely covered. The climate is dry, breezy and bracing. The soil is dry, the drainage good, and the water supply abundant and good. The rainfall is low, sea fogs are not frequent. The zymotic and ordinary death-rates are very low. Longevity is frequent. Cases of scrofula and tuberculous disease, anæmia, chronic catarrhs, pleurisy, renal, and skin diseases may be recommended to come here, except perhaps in January. The climate does not appear to be so suitable for phthisis, or rheumatic or neuralgic affections.

Hotels, Cliftonville, Royal York, and White Hart (see tables).

Access, S.E. and C. Railway.

Westgate-on-Sea.—A small town with N. aspect, one-and-a-half miles west of Margate. The climate is dry, sunny and bracing. Soil remarkably dry. Excellent sea bathing. Water supply constant and abundant, but rather hard. May be recommended for persons suffering from chronic bronchitis, early phthisis, debility, renal, and cutaneous disease, and malaria, and superficial neuralgia.

Hotels, Beach House, Westcliff, Nottingham Castle.

Access, S.E. & C. Railway.

Birchington.—Climate dry, breezy, cool and bracing, a pleasant place in the summer and autumn. Suitable for tuberculous and scrofulous cases, and any persons requiring bracing air.

Hotels, Bungalow, Queen's Head.

Access, S.E. & C. Railway.

Herne Bay.—Aspect N. Climate very dry and bracing. Rainfall very low, and fog very rare. The air is pleasantly genial in the late spring, summer and autumn. The crowded season is from June to October. Drainage excellent, water supply abundant, but somewhat hard. The roads are good and not hilly. The bathing is good. Good parade and pier. Very fine salt water bath. Convalescents and asthmatics do well here.

Hotels, Connaught, Dolphin, Pier, St. George's Cliff, Sunnymede, Montpelier.

Access, S.E. and C. Railway.

Whitstable.—Aspect N. Climate very dry, clear and bracing and sunny. Good place for cases of scrofula and tubercle, debility and renal disease. Drainage satisfactory, water supply good. Home for Resident Patients (see page 90).

Hotels, Duke of Cumberland, Bear and Key.

Access, S.E. & C. Railway.

Clacton-on-Sea.—Aspect S., sheltered from N. and E. Soil dry. Rainfall very low, fogs rare. Climate dry, sunny and bracing. Prevailing wind S.W., except in the spring. Drainage and water supply satisfactory. Zymotic and ordinary death-rate very low. Well suited for lung affections from April to December, also for neurotic and dyspeptic cases, convalescents, rheumatic, and malarial patients. Not suitable for renal complaints. Houses for Resident Patients (see pages 81, 87).

Hotels, Warwick Castle, Royal, Grand, The Towers (see tables).

Access, G.E. Railway.

Frinton-on-Sea (Hotel, Grand) and **Walton-on-Naze** (Hotel, Marine) have very similar climates to that of Clacton, but are more exposed, but quieter and more restful in the summer.

Dovercourt.—Aspect S. Climate dry and bracing. Drainage and water supply good. There is a fine harbour, and good sea and river boating and fishing. Season from June to September, but the spring is pleasant. A good place for convalescents, early phthisis, and weakly children. Unsuitable for advanced phthisis, asthma, rheumatism or neuralgia.

Hotels, Cliff, Phoenix.

Access, G.E. Railway.

Felixstowe.—Aspect South, sheltered from N. and E., soil dry, rainfall and number of rainy days very low. Drainage much improved, water supply abundant, though hard. Fogs are rare. The spring here is cold and cloudy and not so suitable for invalids, but the summer, autumn and winter are much recommended for the surgical diseases of children, anæmia, early phthisis, chronic bronchitis, renal and tropical diseases. There is a good sea-front and excellent sea bathing, and golf links.

House for Resident Patients (see page 84), Hotels, Bath, Orwell, Ordnance.

Access, G.E. Railway.

Southwold.—Exposed to breezes from every quarter, it is considered one of the most bracing resorts anywhere on the coast. The soil is dry and porous. Drainage satisfactory; water supply abundant but hard. The Spring is cold, but from May to Christmas the climate is equable and tonic. There are few days on which there is no sunshine. Specially suitable for cases of neurasthenia and general debility, asthma, chronic bronchitis and phthisis. Sufferers from rheumatism and malaria should not be sent here.

Hotels, Marlborough, Centre Cliff.

Access, G.E.R. *via* Halesworth.

Lowestoft.—This place has a bracing climate, and would suit delicate children, and early phthisis during the summer and autumn. It is not suitable for phthisis with hæmoptysis. Till the drainage and water supply are improved Lowestoft cannot be recommended for invalids generally.

Yarmouth.—Exposed to the E. and N.E. A tonic and bracing dry place during the summer and autumn months, suitable for cases of overwork and debility, and for children. There are no attractions for chronic invalids, and there is no quiet during the months of July and August. The early spring and autumn are the best times for invalids. The drainage and water supply are good. The sands are excellent for sea bathing.

Hotels, Bath, Norfolk, Royal, Queen's.

Access, G.E. Railway.

Cromer.—Aspect N., exposed to N. and N.E. winds. Soil dry. Rainfall low, sea fog not frequent, sunshine above average. The spring is cold till the end of May, from then till the end of January the climate is warm, bright and bracing. The drainage, water supply and roads are good. There is pretty coast and inland scenery. Cases of anæmia, scrofula, malaria and neurasthenia, and convalescents may be sent here, but is not so suitable for phthisis and other lung affections, rheumatism or renal disease.

Hotels, Hotel de Paris (see tables), Grand, Metropole, Royal Links ; Boarding House, Westward Ho (see tables).
Access, G.E. Railway.

Sheringham and Mundesley on Sea, near Cromer, have very similar climates, are very pleasant quiet resorts, and can be recommended for those requiring a bracing climate, with rest and quiet.

Hotels, at Sheringham, The Sheringham ; at Mundesley, The Manor House.

Access, Midland & G.N. Joint Railway.

Hunstanton.—Aspect W., protected from N. and E. The climate is clear and bracing, and milder in the spring than most East Coast resorts. There are good golf links. It is a suitable place for convalescents and persons suffering from debility, dyspepsia and overwork. Good sands for bathing, and comfortable Pier.

Hotels, Sandringham, Golden Lion, Britannia House.
Access, G.E. Railway.

Skegness.—A dry, bracing, summer resort, with low rainfall and plenty of sunshine. Fine sands for bathing, but apt to be too much overcrowded with trippers to be desirable for most invalids. Good place for children and convalescents

Hotel, Sea View (see tables).
Access, G.N. Railway.

Bridlington Quay.—Aspect S.E., a fine harbour with good boating, and fair bathing. Drainage fairly good, water supply abundant, but hard. Climate bracing and sunny in the summer, but too cold in the spring months for invalids. In the summer and autumn it is suitable for anæmia, nervous and dyspeptic patients, but not for lung affections. The same remarks apply to **Hornsea** and **Filey**.

Hotels, at **Birdlington Quay**, Londesborough, Britannia. Boarding House, New Spa (see tables).
Filey, Royal Crescent.

Access, N.E. Railway.

Scarborough.—Fairly protected from the strong S. and N.W. winds. Prevalent winds W. and S.W. Climate in summer warm but bracing. Drainage and water supply good. The coast line, the sea views and inland scenery are all interesting. The sands for bathing are unequalled. There is a fine terrace walk, 100ft. above the sands, giving fine views. There are long promenades on the piers surrounding the harbour. Here is the Royal Northern Sea Bathing Infirmary taking patients from all parts of Yorkshire. The climate is suitable for cases of debility, anæmia, rickets, persons who are overworked mentally or physically, cases of incipient phthisis, and children. Persons subject to cerebral congestion, or bronchial affections should not come here.

Hotels, Albion, Clarence Gardens (see tables), Balmoral, Grand, Pavilion, Prince of Wales, Queen's, Ramshill.

Access, N.E. Railway.

Robin Hood's Bay.—A delightfully quiet old world place, with a pure bracing climate, and fine scenery.

Hotel, Robin Hood's Bay (see tables), Dolphin.

Access, N.E. Railway.

Whitby.—On the river Esk, a quaint old fashioned town, with good drainage and water supply. Death-rate low, longevity frequent. Good Golf Links and sands for bathing.

Hotel, Metropole.

Access, N.E. Railway.

Saltburn.—A dry place with plenty of sunshine. Sheltered from the east and north. The higher parts are bracing, the lower and sheltered part is warm and moist, with a climate like that of Devonshire. There are good baths of all kinds to be had. The drainage and water supply are good. Very early cases of phthisis in persons otherwise in good health may be sent here in the summer or early autumn, also cases of rheumatism for the brine baths, and especially persons who are overworked mentally or physically, and children.

Hotels, Alexandra, Queen, Zetland, Victoria.
Access, N.E. Railway.

Redcar has a bracing climate, fine sands for bathing, and good Golf Links. Drainage and water supply good. An excellent place for children, and overworked persons.

Hotels, Redcar, Royal, Smalwood's, The Hydro.
Access, N.E. Railway.

We are unable to recommend any seaside place on the coast of Durham or Northumberland chiefly on account of the lack of accommodation.

INLAND WATERING PLACES OF ENGLAND.

There are three classes of mineral waters to be found in this country, the thermal or warm springs, the sulphurous, and the saline. Besides these there are some few chalybeate (iron) springs which will be mentioned with the others. There are no alkaline waters in Great Britain. As mineral waters when properly used can do much good, so in improper cases they can do much harm, therefore the advice of some medical man resident at the place should be taken, as he is more likely to be conversant with the action of the waters, and the requirements for their beneficial employment than any stranger. It is often said that the change of air and scene which accompany a visit to a mineral watering place, together with the society, amusements etc. which are met with are the real curative agents, but this is scarcely the case. These additions, certainly, are most useful, but the potency of mineral waters is proved by the fact that many people can derive benefit from their use at their own homes. However, the invalid who, at a watering place, follows no rules of living, who eats and drinks as much, takes as little exercise, and rises as late in the morning as in his former luxurious life at home, must expect little benefit from the pure air which surrounds him, or the medicinal water he bathes in or imbibes. One advantage of our watering places is that they are for the most part accessible, and enjoy an equable climate in winter, whereas

the continental spas are for the most part closed during the winter.

The Thermal watering places are as follows:—

Bath.—Sheltered on all sides, the climate is mild and equable. The rain fall is relatively large, the wettest months being January, September and October, yet these two latter with April and May are locally considered the most favourable months. There are many local attractions, and the scenery and excursions around are interesting. There are several public and private baths which now belong to the Corporation of Bath. The waters are used internally and externally. The amount usually drunk is from 4 to 10 ounces twice a day. The Baths are well arranged, and of every possible kind and arrangement. Persons who cannot stand or walk can be lowered into the water on a suitable couch without any effort on their part. Hot air and vapour baths of all kinds with or without massage can be had. The duration of a course usually lasts from 3 to 8 weeks. The waters are diuretic, and in large doses purgative, and owing to the presence of small quantities of Iron and Arsenic may be tonic. The Bath waters are of special value in all joint diseases, also in muscular rheumatism, sciatica, skin diseases, diabetes, dyspepsia, chorea, gouty affections of the respiratory organs, joints stiff from injury, leucorrhœa, painful menstruation and ovarian neuralgia. Persons suffering from any acute disease with pyrexia, lung diseases, scrofula, heart disease, or any tendency to insanity or cerebral congestion should not be sent here. House for Resident Patients (see page 123).

Hotels, Empire, Castle, Waldron's, Harris' (see tables).

Access, G.W., Midland, Somerset and Dorset Railways.

Buxton.—This town is situated in a valley about 1,000 feet above the sea level, and is surrounded and sheltered by picturesque hills. There are many interesting excursions to be made. There are beautiful public gardens. The soil is dry. The drainage perfect, the water supply abundant, pure and soft. There are dry paths and roads

for pedestrians in all directions. The air is clear, pure and bracing. There are amusements of all kinds. The most favourable season is the late summer and autumn, but many persons like the winter, the baths being open, and at reduced prices, while there are plenty of amusements, and the well warmed Winter Gardens are a great attraction. The waters which are at a temperature of about 82° Fahr., and can be made hotter or cooler, are recommended in all forms of rheumatism except osteoarthritis, all gouty affections, diabetes, urinary and renal diseases, dyspepsia, neuralgias, and nervous affections, stiffness of joints and muscles the result of injury, and many eye affections. Sufferers from acute disease with pyrexia, great debility, or plethora, advanced disease of lungs, heart, or kidneys should not be sent to Buxton.

Hotels, Empire, Crescent (see tables), Grove, Shakespeare (see tables). Hydro (see page 110).

Access, Midland, and L. & N.W. Railways.

Matlock.—Situated in the valley of the Derwent, yet 500 feet above sea level, and sheltered from winds, the climate is mild and equable and invigorating. The scenery around is beautiful and interesting. Good fishing, golf links and varied amusements. There are fine and comfortable Hydropathic Establishments where amusements of all kinds are provided. The waters are tepid (68 Fahr.) and pure, and are recommended internally and externally at various temperatures for rheumatic and gouty affections, sciatica and lumbago.

Hotels, Temple (see tables), New Bath, Royal Hydros (see page 110).

Access, Midland Railway to Matlock Bath, or Matlock Bridge.

The following have Sulphurous and Chalybeate Springs.

Harrogate.—Situated about 400 feet above sea level. Soil dry. Rainfall and number of rainy days low. Climate dry, pure and invigorating. Neighbourhood interesting. Many local attractions. The best season for lung affections is between May and October. Other complaints may be

sent there at any time. The waters may be used internally or externally at any temperature, though they are naturally cold. The complaints for which these waters are recommended internally are plethoric conditions, chronic constipation, sluggish liver, dyspepsia generally, gout and rheumatism, acute and chronic, and plumbism and malaria. Externally the mild sulphur water is recommended for skin diseases, especially eczema and psoriasis, and lupus. Cases of anæmia, albuminuria, diabetes, debility, scrofula and rheumatoid arthritis derive no benefit from these waters, but should use the chalybeate springs found at Harrogate instead. Harrogate is not suitable for persons suffering from organic disease of the heart, blood vessels, liver, kidneys, or brain. Few cases of asthma, insomnia or neurotic conditions derive any benefit from this climate or the waters. House for Resident Patients (see page 100).

Hotels, Majestic, Crown (see tables).

Access, G.N., N.E., Midland, Lancashire and Yorkshire Railways.

Askern Spa, in Yorkshire, has a mild climate, with moderate rainfall, little snow. A quiet, sheltered place, with pretty walks and drives. Splendid roads for cycling. The sulphurous waters are much recommended for gout, sciatica, rheumatism, Paralysis, scurvy, &c. The best time is from May to September.

Hydro.

Access, Lancs. and Yorks. Railway. Six miles from Doncaster, or drive from Moss Station.

The following places are celebrated for saline waters.

Droitwich has few local charms, though the country round is interesting. The waters are for bathing purposes only. The baths are open all the year, but the local medical men consider the summer the best time for treatment. The maladies for which the brine baths are most suitable are muscular rheumatism, sciatica, gout, chronic rheumatism, chorea, peripheral neuritis, locomotor ataxy, and congestive uterine troubles. Convalescents from acute

diseases and injuries do well here. The cases for which this place is not suitable are organic disease of any kind, advanced heart disease, and those with a tendency to apoplexy.

Hotels, Raven (see tables), Park. Boarding House, Norbury House (see tables).

Access, G.W. and Midland Railways.

Nantwich, in Cheshire, is situated in a pleasant well wooded district. The climate is mild, dry, and equable. Rainfall and number of rainy days low. The Baths are well appointed and are open all the year round, though the best season is said to be from May to September. The treatment is beneficial for muscular rheumatism, lumbago and sciatica, but not for cases of cardiac disease, gout, liver or brain affections.

Hotels, Brine Baths.

Access, G.W. and L. & N.W. Railways, *via* Crewe.

Woodhall Spa, in Lincolnshire, is in flat country about 25 miles from the sea, little above the sea level. The air is dry and clear. The drainage is good, the water supply abundant and soft. The air owes its salubrity in a great measure to the abundance of pine trees. The soil is dry, and the rainfall is very low. The waters which contain iodine and bromine among other constituents are used internally, and by baths hot, tepid, or vapour. The cases most benefited by these waters are gout, rheumatic arthritis, catarrhal affections of the mucous membrane, skin diseases, scrofula, and fibroid tumours of the uterus.

Hydro, The Northcote (see page 110). Hotel, The Royal.

Access, G.N. Railway *via* Kirkstead.

Ashby-de-la-Zouche.—A small clean town in Leicestershire, about 400 feet above the sea, with a good summer climate, but rather cold in winter. The waters, though saline, contain sufficient iron to give them tonic properties. They are beneficial for gout, muscular and articular rheumatism, scrofula, chronic skin diseases, neuralgia and debility.

Hotels, Royal, Queen's Head.

Access, Midland and L. & N.W. Railways.

Leamington.—Climate equable, rainfall and number of rainy days moderate. Neighbouring country beautiful and historically interesting. The baths are well-appointed and of every variety. There are sulphurous and chalybeate springs as well as the saline waters. The Pump room stands in well laid out grounds, and is near the public gardens, where a good band plays, and where patients can take pleasant exercise. The baths are open all the year round, but the best season is said to be from April to October. Cases depending on chronic disorders of the stomach, bowels, liver and kidneys are those which benefit most by treatment at Leamington. Chronic scrofula, skin diseases, sciatica, chronic rheumatism, uric acid diseases, and uterine troubles find relief here. The climate and waters are not recommended for acute or wasting diseases, heart disease, angina pectoris, neurasthenia.

House for Resident Patients (see pages 85, 103).

Hotels, Regent, Clarendon, Manor House, The Lansdowne, La Plaisance.

Access, G.W., L. & N.W. & Midland Railway.

Cheltenham.—Sheltered from the North and East, the climate is mild, equable and bracing. The rainfall and number of rainy days low. There are many local attractions, and the neighbourhood is interesting, and the town itself is said to be one of the most beautiful in England. July and August are the least favourable months, being oppressively warm. The waters which are saline and chalybeate are recommended for persons who have suffered from the effects of hot climates, dyspepsia, renal and skin diseases. Local advice should specially be taken as to the use of these waters.

House for Resident Patients (see pages 97, 101).

Hotels, Tate's, Belle Vue (see tables), Plough.

Access, G.W., Midland, M. & S.W. Junction, E. & W. Junction Railways.

Clifton.—The climate here is said to be the mildest and driest in the West of England, and at the same time more bracing than that of Devonshire. At almost any time of the year it forms an agreeable and picturesque resort, where there are many and varied amusements. The waters are recommended for those who suffer from chronic dyspepsia, chronic catarrhs of the mucous membrane, scrofula, debility, and renal complaints.

Hotels, Queen's (see tables), Clifton Down, Imperial, St. Vincent's, Rocks. Also the Grand Spa Hydro.

Access, G.W. & Midland Railways to Clifton Down Station.

Tunbridge Wells, 35 miles from London, on the borders of Kent and Sussex, 420 feet above the sea level, has a dry, mild, and bracing climate. The soil is dry, the drainage and water supply good. The surrounding country is well-wooded and pretty, with good roads. The rainfall is small, and fogs are rare. It is pleasantly cool in the summer. The springs, which are chalybeate and slightly saline, are chiefly recommended for anæmia and debility. The length of the course is two months, and may be used at any season of the year, the period from May to November being considered the best. Persons of full habit, with a tendency to congestions, should not take these waters. The teeth should be washed at once after taking this water to prevent discolouration.

House for Resident Patients (see pages 88, 100).

Hotels, Royal Kentish (see tables), The Spa, Carlton, Castle, Royal Mount Ephraim, Molyneux Park.

Access, S.E. & C. Railway.

INLAND HEALTH RESORTS OF ENGLAND.

For the present edition we have been able to gather reliable information of a few only of these resorts.

For convenience they are divided into three zones, a Southern, limited by a line drawn from the mouth of the Thames to the mouth of the Severn just north of Bristol;

a Midland, bounded by this line and a similar line drawn from the mouth of the Humber to the north of the Mersey ; a Northern, including the district between this line and the Scottish border. Within these zones the health resorts will be given in alphabetical order.

SOUTHERN DIVISION.

Ashburton.—A pleasant sheltered little town in Devonshire, quiet and restful. Climate bracing. Scenery of River Dart and Dartmoor very fine and within easy reach by walks and drives. A good place in summer for those requiring rest, and a mildly bracing climate.

Hotel, Golden Lion.

Access, G.W. Railway, *via* Totnes.

Bideford.—Situated on the river Torridge, sheltered from cold winds, well wooded. Good society, neighbourhood interesting, within easy reach of the sea. The drainage is fairly good, while the water supply is excellent. A suitable residence for persons suffering from phthisis, renal disease. Old people, and convalescents from acute or long-continued illness (except acute rheumatism) do well here. House for Resident Patients (see page 103).

Hotels, Royal (see tables), Tanton's, New Inn.

Access, G.W., and L. & N.W. Railways.

Chislehurst.—A pleasant, well wooded country town in Kent, within easy reach of London, sheltered from N. and E. winds. Soil dry, drainage and water supply good. Death-rate very low, residents live to a great age. Suitable climate for renal disease, asthmatics, sufferers from malaria, debility or overwork.

Hotel, Bickley Arms.

Access, S.E. & Chatham Railway.

Dorking.—Situated on the greensand, enjoys a sheltered position, with a mild, equable climate. The surrounding scenery is most beautiful, and fine bracing air can be had on the neighbouring hills. The drainage and

water supply are good. The rainfall is somewhat above the average. An excellent locality for convalescents or fagged town-workers.

Hotels, Burford Bridge, White Horse, Red Lion.

Access, L.B. & S.C. Railway, and S.E. & Chatham Railway.

Exeter.—Aspect S.E. sheltered on all other sides. Climate mild, equable. Rainfall and number of rainy days not excessive. The town is interesting, the society is good. The sea is close at hand, and many pleasant excursions may be made inland. The climate is specially suitable for persons suffering from renal complaints, old people and convalescents, but does not suit cases of rheumatism or cardiac disease.

Hotels, Rougemont, Royal Clarence, Pople's New London, Northernhay Private Hotel.

Access, G.W. Railway, and L. & S.W. Railway.

Haslemere and Hindhead.—600 to 900 feet above sea. Fine bracing, healthy climate. Rather cold in winter. Scenery most beautiful. Roads excellent. Drainage much improved of late. Water supply good. Death rate very low. Longevity very frequent. Suitable for anæmia, debility, convalescents, nervous cases and lung affections (in the summer months). The soil is dry, and there is seldom any fog. Home for Invalids (see page 118).

Hotels, Hindhead Beacon, Log House, Glenlea, White Horse, Royal Huts, Thirlestane, Thorshill.

Access, L. & S.W. Railway.

Lyndhurst, in the New Forest, is a delightfully quiet, restful place, with lovely woodland scenery, within easy reach of the sea, and neighbouring towns of Southampton and Bournemouth, as well as the Isle of Wight. The soil is very dry, the climate mild, equable and fairly dry. Specially suitable during the spring and summer for convalescents from acute or long-continued illness, for nervous complaints and neurasthenia and for those requiring rest and quiet, especially if they can interest themselves in

Natural History or Art. In the late autumn and winter it is too damp to be recommended. The roads are excellent, and there are good golf links.

Hotels, Crown, Grand.

Access, L. & S.W. Railway.

Parkstone, in Dorset, between Poole and Bournemouth, has a south aspect, is protected from N. and E. winds. The climate is mild, equable and bracing. It is free from fogs. The view over Poole Harbour and the Purbeck Hills is very beautiful. The sea is about two miles distant. Good boating and sailing on Poole Harbour or estuary. Fine golf links at Broadstone (15 minutes by rail). Soil, gravel and sand. Drainage perfect. Water supply excellent, and is particularly good for diabetic and renal patients. The climate is excellent for lung complaints and rheumatism. Houses for Resident Patients (see pages 82, 92).

Hotels, Sea View, Central (see tables).

Access, L. & S.W., Midland, Somerset and Dorset Railways.

Princetown, the highest town in England (1400 feet) cannot be recommended for delicate people, but only for those who are strong enough to bear the very bracing climate, and who do not mind the amount of rainfall and mist to be found in such an elevated place. For those who are "run down," this climate is wonderful.

Hotel, The Duchy.

Access, G.W. Railway, *via* Yelverton.

Sevenoaks.—Pleasantly situated on northern slope of North Downs, about 25 miles from London. Climate cold in winter, cool, bracing and healthy in the summer. Drainage and water supply good. Not recommended for rheumatic or pulmonary cases, but more suitable for convalescents, and persons suffering from debility, neurasthenia, and overwork. The surrounding country is picturesque, and there is good society.

Hotels, Royal Crown, Royal Oak.

Access, S.E. and Chatham Railway.

Shaftesbury.—An ancient town in the north of Dorset, picturesquely situated on a plateau of green sand about 720 feet above sea level, 104 miles from London. The views in all directions are most extensive and beautiful, and many interesting excursions may be made. The soil is dry, the rainfall and rainy days not excessive. Though exposed to the N., S. and W., yet there are plenty of level terrace walks below the summit of the hill where invalids can find shelter and rest. The climate is very pure and bracing, and delightfully cool in the summer. The drainage and water supply are satisfactory. Old age is very frequent. A charming resort for those requiring rest and change from the fatigue and excitement of business, and town life, also for convalescents and strumous children, and dyspeptics.

Hotel, Grosvenor.

Access, L. & S.W. Railway, and 'bus' from Semley Station.

Weybridge, in Surrey, near the Thames, possesses a sandy soil with great numbers of fir trees which afford a mild, dry, salubrious climate, suitable for pulmonary affections, as well as for those requiring rest and change from town, among pretty sylvan and riverside scenery.

Hotels, Oatlands Park, Lincoln Arms, Stanbridge (Private).

Access, L. & S.W. Railway.

MIDLAND DIVISION.

At present we can recommend few places in this district. **Bristol** and **Clifton** possess a healthy, mild, bracing climate—especially the latter. The drainage and water supply are good. Bristol makes an excellent resting place for invalids going further west. The climate is suited for pulmonary and renal complaints.

Hotels, Queen's (see tables), Royal, Colston, Royal Talbot.

Access, G.W. Railway, and L. & S.W. Railway, Midland.

Malvern consists of four districts, Great Malvern, North Malvern, Malvern Link and Malvern Wells, these are all situated on the Eastern slope of the Malvern Hills, while the village of West Malvern is on the West slope. The country round is picturesque and beautiful, and many delightful excursions may be made. The drainage is excellent, and the water supply of the purest. The climate is remarkably dry and temperate and healthy. The summer is comparatively cool, and the winter is mild. There is a good deal of sunshine and fogs are rare. It is a most delightful place for invalids, especially those troubled with pulmonary affections, gout, rheumatism, also for convalescents for whom the sea-coast is not suitable, weakly children, and cases of nervous debility and the weakness succeeding influenza.

House for Resident Patients (see page 93). Hotels, Imperial, Belle Vue, Hardwicke, Marlborough House, Aldwyn Tower (see tables).

Access, G.W. and Midland Railways.

Newmarket, between race-meetings, may be recommended for the fine bracing and invigorating quality of the air on the wide undulating heath. The roads are excellent for cycling. Convalescents should do well here in the summer and autumn.

Hotels, Rutland Arms, Prince of Wales.

Access, G.E. Railway.

Ascot, 300 feet above sea-level, a fine airy situation, country well wooded, many pine trees, gravel soil, low rainfall, good water supply. Climate sunny, dry and equable. Higher parts best. Recommended for phthisis, bronchitis, anæmia in the summer.

Within easy access from London by L. & S.W. Railway.

Hotels, (see tables).

Chester, a good resting place for invalids going to North Wales or Ireland, is an interesting town in many ways.

Hotels, Queen, Blossom's.
Access, L. & N.W. Railway.

Durham also may be used as a stopping place on the way north. Its situation is very beautiful, and the Cathedral and Castle are of the greatest beauty and interest.

Hotel, Royal County.
Access, G.N. Railway.

York also is a capital place to break one's journey to Scotland, the Cathedral and the old walls and the river-side being sights to be seen by everyone.

Hotels, York Station, Harker's.
Access, G.N., N.E., Midland, Lancashire and Yorkshire Railways.

THE NORTHERN DIVISION.

The Lake District of Cumberland and Westmoreland contains several pleasant little towns, which though not strictly called Health Resorts, are yet so attractive through their pure bracing air and fine scenery and natural attributes, that they are very popular as summer residences for those requiring change of air and scene. As a rule the water supply is everywhere good and pure. The drainage is fairly good in the larger places. The spring and early summer is the best time. August is frequently a wet month. Though the rainfall is heavy yet the number of rainy days is not excessive. The average death-rate is low. The temperature of the district is equable, there is no extreme cold. The persons who benefit most from this climate are convalescents and those requiring change from towns or relaxing seaside resorts.

The following places are specially recommended:—

Ambleside.—Hotels, Salutation, Queen's, Lowood.

Bowness.—Royal, Old England.

Grasmere.—Prince of Wales, Rothay.

Kendal.—White Hart, Railway.

Keswick.—Keswick, Newlands, Lodore and Borrowdale (at head of Derwentwater), Derwentwater.

Windermere.—Riggs' Windermere, Belsfield, Storrs Hall, Ferry.

All these places can be reached by the L. & N.W. Railway, by Oxenholme or Penrith Junctions.

For those who prefer quieter and more secluded spots, we would mention :—

Ullswater.—Hotels, Ullswater and Patterdale, reached by Coach from Windermere, or steamer from Pooley Bridge at foot of Lake.

Coniston.—Hotel, Waterhead, by the Furness Railway.

THE MINERAL SPAS OF WALES.

Llandrindod Wells, in Radnorshire, is situated about 700 feet above the sea level on a plateau which is surrounded and sheltered, but not shut in, by hills on all sides except the S.W. The climate is pure, dry, and exhilarating. The rainfall is comparatively small for Wales, and the soil dries rapidly after rain. The drainage and water supply are excellent. There are many beautiful walks and drives, as well as places for rest and retirement. There are good golf links. The usual season is from the beginning of May to the end of October, but the waters are available all the year round. It is a very quiet place during the winter months. There are three kinds of waters, Saline, Sulphurous, and Chalybeate, and are taken internally, as well as externally. The saline waters are recommended for cases of dyspepsia, hepatic disorders, chronic constipation, piles, diabetes, obesity, chronic gout without acute symptoms, and as a cure for the craving for drink. These waters are not suitable for persons with irritable mucous membranes, or bladder, or sufferers from renal disease with albuminuria. The sulphurous waters are of benefit in chronic irritative gastritis, with a tendency

to diarrhœa, in chronic inflammation of the bladder and urinary tract, in glandular enlargements, and especially in skin diseases. In these last the waters should be used by baths as well as internally. The saline and sulphuretted waters taken together are very useful in the treatment of gout, chronic rheumatism, articular and muscular, as well as of lumbago, sciatica, and other neuralgias, chorea and neurotic affections. The chalybeate waters are used for anæmia, and chlorosis, and debility during convalescence from acute diseases. These waters are unsuited for cases where there is pyrexia, advanced organic disease of the heart, or kidneys, and persons who cannot take walking exercise.

Hotels, Gwalia, Bryn-Awel (see tables). The Lindens. Hotel Plâs Winton, South End, "Ye Wells," The Berkeley.

Access, L. & N.W. Railway, *via* Craven Arms.

Llanwrtyd Wells, in Breconshire, about 800 feet above the sea level, is situated on the slope of a small valley surrounded by hills. The sulphur waters are recommended for gout, rheumatism, sciatica, gastric and hepatic troubles, and skin diseases, as well as for renal calculus, hæmaturia, and albuminuria. The chalybeate waters are given for anæmia, debility, overwork, and neurasthenia. The climate is pure and bracing. There is good fishing to be had.

Hotel, Dolecoed.

Access, L. & N.W. Railway.

Llangammarch Wells, in Breconshire, a few miles from the Llanwrtyd Wells, has a spring peculiar in containing chloride of Barium. The waters are used for baths as well as drinking, and are recommended for certain cardiac diseases, chronic rheumatism, glandular enlargements, and epilepsy, as well as for hepatic disorders.

Hotel, Gammarch, Lake.

Access, L. & N.W. Railway.

The **Builth** waters are saline and are used for similar cases to those mentioned under Llandrindod.

Hotel, Lion.

INLAND HEALTH RESORTS OF WALES.

At present we are unable to recommend many places where invalids may be sent in summer or winter. Most of the localities described are more suitable for persons in fair health who are requiring change of air and scene.

Abergavenny, in Monmouth, beautifully situated on the rivers Usk and Gavenny, surrounded by woods and mountains. Good golf links, hunting, and fishing. A pleasant summer resort.

Hotel, Angel.

Access, G.W. Railway.

Chepstow, in Monmouth, is a well built town on the Wye near its junction with the Severn, 141 miles from London. It stands on a rising slope between bold cliffs, amidst some of the finest scenery in England. There is a fine church and castle, and Tintern Abbey is within a mile. A remarkable sight is the "bore" or tidal wave on the river. The climate is very pleasant and healthy.

Hotels, George, Beaufort Arms.

Access, Great Western Railway.

Usk, in Monmouth, is a small market town on the river Usk, remarkable for its antiquity, its fine old Castle, and excellent salmon fishing. The scenery around is interesting.

Hotel, Three Salmons.

Access, G.W. Railway *via* Monmouth or Pontypool.

Rhayader.—A healthy village on the upper Wye, 800 feet above the sea level, fine bracing climate. Good fishing. Soil, gravel. Excellent water supply. A quiet pleasant resort in summer.

Hotel, Royal Lion.

Access, Cambrian Railway.

Haverfordwest, the capital of Pembrokeshire, a neat clean town with many excellent residences, situated on the river Cleddau, a few miles from St. Bride's Bay on the west, and Milford Haven on the south. The climate is

mild but not relaxing. The scenery is beautiful and many pleasant excursions can be made.

Hotels, Castle, Queen's, Salutation.

Access, G.W. Railway.

Bala.—A pleasant quiet little country town situated on the banks of the beautiful lake Bala, 530 feet above sea level, within a few miles of Dolgelly, and the sea at Barmouth. A fine trip can be made from here by the Bala and Festiniog Railway among the moors and mountains of the Snowdon range. The climate is very pleasant. Good fishing.

Hotels, Plâs Coch, Royal White Lion.

Access, G.W. Railway *via* Ruabon.

Bettws-y-Coed is a romantic hamlet, surrounded by lovely views of river, woodland and mountain. A famous place for artists, anglers, and any overworked person requiring mental rest and change with beautiful surroundings.

Hotels, Royal Oak, Gwydyr, Glan Aber, Waterloo.

Access, L. & N.W. Railway *via* Llandudno Junction.

Beddgelert.—A picturesque village situated at the junction of three vales and surrounded by mountains. Many delightful excursions can be made, especially the one to the romantic pass of Aberglaslyn. Coaches run during the summer to many places through grand scenery. Good fishing.

Hotels, Royal Goat, Prince Llewelyn, Saracen's Head.

Access, by coach from Portmadoc, Snowdon Station, Bettws-y-Coed.

Capel Curig.—A very central position for tourists, anglers, and artists, as well as ordinary health seekers. The scenery in all directions is grand and varied, consisting of lakes, rivers, and the beautiful valleys among the heights of the Snowdon range. Good fishing. Coach-rides daily during the summer.

Hotels, Royal, Tyn-y-Coed.

Access by coach from Bettws-y-Coed.

Dolgelly.—The most populous town in Merioneth, and especially eligible as a resting place for tourists and health seekers, and a centre from which many interesting and beautiful excursions may be taken. It is situated in a wide and fertile valley at the foot of Cader Idris. The mail coach runs daily to Barmouth. The climate is mild and salubrious.

Hotels, Royal Ship, Angel, Golden Lion.

Access, G.W. Railway, L. & N.W. Railway, Cambrian Railway.

Llanberis.—A pleasant little village situated at the foot of Snowdon, surrounded by fine lake, river and mountain scenery, sheltered and restful, may be well recommended.

Hotels, Royal Victoria and Padarn Villa (see tables).

Access, L. & N.W. Railway *via* Carnarvon, or Coach from Beddgelert and Bettws-y-Coed.

Llangollen.—A pleasant little town on the river Dee, a very eligible centre. Unfortunately the drainage and water supply are not quite satisfactory, though this remark does not apply to the Hotels. The rainfall is high, and the valley somewhat close, but the air on the hills around is fine and bracing. The limestone hills are most remarkable. There are many local interests.

Hotels, Edward's Hand, Grapes, Royal.

Access, G.W. Railway *via* Ruabon.

Trefriw.—A small village in the Conway valley, about seven miles from the sea, has a mild salubrious climate. The drawbacks are the eastern aspect and the heavy rainfall, but it is a favourite place in the summer for persons suffering from anæmia and debility. There are chalybeate waters which are said to be very beneficial. There is pleasant scenery in the neighbourhood, and good fishing on the Conway.

Hotel, Belle Vue.

Access, L. & N.W. Railway *via* Llandudno Junction.

SEASIDE HEALTH RESORTS OF SCOTLAND. EAST COAST.

North Berwick.—Beautifully situated on the Firth of Forth. Lovely sea and land views, good sands for bathing. Famous golf links, many pleasant inland excursions. The climate is said to be the driest in Scotland. It is a favourite resort of the people of Edinburgh from which it is distant 22 miles. An excellent place for convalescents, children, anæmic and debilitated persons.

Hotels, Imperial, Royal, Marine.

Access, North British Railway *via* Drem.

Burntisland.—Hotel, Forth. 39½ miles from Edinburgh, is a pleasant sea bathing resort in summer.

Elie.—Also with its fine sands, golf links and pretty scenery, is recommended for children and convalescents, and those wanting bracing air.

Hotels, Marine, Victoria.

Largo.—A very pretty village, with good sea bathing, golf links and lovely walks, a place for those requiring rest and quiet from town life, with bracing air.

Hotel, Crusoe, and Private Houses.

These places are all on the North British Line.

St. Andrew's.—A most interesting place for a summer resort, the air being dry and bracing, the sea bathing good, the roads excellent for cycling, and the golf links are the best in the world. Said to be the healthiest town in Scotland. Rather cold and damp in the winter.

Hotels, Grand, Marine, Golf, Royal.

Access, North British Railway.

Arbroath, has good sea bathing, golf links, fine cliff scenery, and the inland excursions are interesting. Can be recommended as a summer resort for convalescents and anæmic and "run-down" cases.

Hotels, Imperial, Royal, George, White Hart.

Access, North British Railway.

Montrose.—The neatest, best built town on the East Coast of Scotland, with good drainage and water supply, and plenty of local objects of interest. Fine Golf Links, good sea bathing. May be recommended as a summer resort for convalescents and those who require a bracing climate with pleasant surroundings.

Hotels, George, Golf, Star.

Access, N.B. Railway.

Peterhead.—The most easterly town in Scotland, well built, full of local interest, having a fine harbour, and a large fishing and shipping traffic. There is a good mineral spring which is an excellent diuretic. The climate is fairly dry and bracing, and is suitable for renal complaints, dyspeptics, and neurotics. The coast scenery is very fine.

Hotels, Royal, North Eastern.

Access, G.N. of Scotland Railway *via* Maud Junction.

Along the southern shore of the Moray Firth are the pleasant little towns of **Fraserburgh** (Royal, and Saltoun Arms Hotel); **Macduff** (Fife Arms Hotel); **Banff** (Fife Arms Hotel); **Cullen** (Grant Arms Hotel); **Buckie** (Cluny Hotel); **Lossiemouth** (Stotfield Hotel). These all have a bracing climate with fine sea views and coast scenery, while **Lossiemouth** has fine sands for sea bathing, salt water baths, and fine Golf Links.

Access, G.W. Railway of Scotland.

Nairn has a healthy equable climate, and is said to be one of the driest towns in Scotland. The sands are good for bathing. The sea water baths are excellent. There are well laid out Golf Links and many objects of interest in the neighbourhood.

Hotels, Royal, Royal Marine, Washington (see tables).

Access, G.N. Railway of Scotland.

Inverness.—An interesting well-built town at the mouth of the River Ness, at the spot where the Moray and Beauly Firths and the great glen of Scotland meet. The climate is pure and bracing. This is a fine centre

for pleasant excursions into some fine scenery. Can be highly recommended as a summer resort for those requiring change or rest with invigorating air.

Hotels, Station, Christie's, Glenalbyn.

Access, Highland Railway, or by Steamer from Oban through the Caledonian Canal.

WEST COAST OF SCOTLAND.

Having been unable as yet to obtain any information as to the fitness of this district as a winter residence for invalids, we can give only brief accounts of a certain number of places as summer resorts, and those only where good accommodation can be had. For bracing air, interesting country and fine scenery, this district is almost unequalled. For the weary student, the jaded man of business, the over-worked statesman, professional man, or housewife, there is no finer place for the renovation of health and spirits.

Stranraer.—A pleasant town on Loch Ryan, an inlet of the sea, is well situated, has a mild and equable climate. Sea and land scenery very beautiful. Ireland is within easy reach by steamer. Many local interests.

Hotels, Meikle's, George.

Access, Portpatrick and Wigtownshire Joint Railway and Glasgow and S.W. Railway. Also by steamer from Belfast and Glasgow.

Portpatrick.—Eight miles from Stranraer, much frequented as a watering place, has a delightful S.W. aspect and the mildest climate in Scotland, though not relaxing.

Hotel, Downshire Arms.

Access, Portpatrick and Wigtownshire Railway *via* Stranraer.

Girvan.—Delightfully situated on the River Girvan, with west aspect, equable climate and good sea bathing, should be a desirable place for convalescents.

Hotels, Royal and Queen's.

Access, Glasgow and S.W. Railway.

Ayr.—A well-built town with harbour and fine esplanade, from which there are lovely views of Bute, Arran, Ailsa Crag and the Coast of Ireland. The neighbourhood is interesting for its excursions into the "land of Burns." There are excellent Golf Links at Prestwick, three miles from Ayr.

Hotels, Royal and Waverley (see tables).

There is a Promenade, Pier and Pavilion. The climate is most agreeable and suitable for convalescents, and those requiring a mild, bracing climate, and are able to enjoy the beauties of sea and coast scenery.

Access, Glasgow and S.W. Railway.

Troon.—Six miles north of Ayr, is a pleasant sea bathing resort with good Golf Links.

Hotels, Portland Arms, Marine.

Access, same as Ayr.

Ardrossan.—A flourishing seaport with a good harbour, mild, equable climate. Many agreeable steamer trips may be made. Good sea bathing. Hotels, Eglinton Arms.

Access, Glasgow and S.W. Railway, and steamer from Glasgow, and Belfast.

Millport.—On the south of the Greater Cumbrae Island, has a mild, bracing atmosphere, and a fairly dry climate. Good sands and golf links. An excellent summer resort.

Hotels, Cumbrae, Kelburne Arms.

Access, steamer from Glasgow.

Wemyss Bay.—A pleasant restful place, with good, well sheltered pier, fine views of Arran. Climate mild and bracing.

Hydro Hotel, Wemyss Bay.

Access, steamer from Glasgow, Caledonian Railway from Glasgow.

Helensburgh.—On the Clyde, a favorite resort of Glasgow folk, enjoys a sheltered position with a pleasant equable climate. Good esplanade. Good centre for sea-trips.

Hotels, Imperial, Queen's.

Access, N. British Railway from Glasgow, (low level).

Dunoon.—A favorite summer resort, from which the regatta races in the spring, and the shipping on the Clyde may be well seen. Beautiful scenery all round. Good centre for steamer trips.

Hotels, Argyll, Mc. Colls'.

Access, steamer from Glasgow, or Craigendoran Pier.

Rothsay.—A very favorite watering-place in the Isle of Bute, with a climate so mild and balmy as to be compared to that of Devonshire. There is a fine esplanade facing the bay, from which there are beautiful views. Almost any invalid who is able to undertake the steamer and railway journeys should find benefit from the climate of Rothsay.

Hotels, Queen's (see tables), Bute Arms, Victoria, Royal, Glenburn Hydro (see tables).

Access, steamer from Glasgow, and Craigendoran Pier.

Campbeltown.—A well built, popular summer resort, situated in a beautiful bay near the S.E. end of the Mull of Cantire. There are good golf links about 5 miles across the bay, which are easily reached by coach daily. The climate is pure and bracing, and the sea views are grand.

Hotels, Argyll, and Ugandale Arms at the links.

Access, by steamer from Glasgow, and Craigendoran Pier.

Ardishaig and Lochgilphead are situated on Lochgilp, an inlet of Loch Tyne, near the terminus of the Crinan Canal, they are pleasant sheltered places, surrounded by fine scenery, and are good centres for excursions by sea and land. At **Lochgilphead**, House for Resident Patients (see page 104).

Hotel, Argyll.

Oban.—The Capital of the West Highlands, situated on a lovely bay, with a fine marine parade, and good sea bathing, is a most popular resort, and not only in the summer, as the climate is equable in winter. The sea and land views are fine, and it is a famous centre for excursions. Excellent golf course, good fishing and boating.

Hotels, Royal, and Great Western (see tables).

Access, by Caledonian Railway from Edinburgh or Glasgow via Stirling and Callander; by steamer from Glasgow, or from Inverness *via* Caledonian Canal.

Mallaig.—A rising watering place at the terminus of the Oban line, situated opposite the Isle of Skye. Good sea bathing, fine scenery, healthy bracing climate.

Hotel, Mallaig.

The only **Mineral Spas** in Scotland that we have information about are those of Moffat and Strathpeffer.

Moffat.—Is beautifully situated in a valley 350 feet above the sea, and surrounded by the Hartfell group of hills, the highest in Scotland. The climate is pure and very bracing. The rainfall is rather heavy. The well-house where the sulphurous mineral water is found is situated about $1\frac{1}{2}$ miles from the town and may be reached daily by omnibus. The water is also brought into the town and dispensed by the local chemist. There are beautiful excursions to be made. The waters are recommended for skin diseases, such as eczema and psoriasis, in gout, dyspepsia, anæmia, and tropical disease, but local advice should be taken. There is a large Hydro.

Hotels, Buccleuch Arms, Annandale Arms.

Access, Caledonian Railway from Edinburgh, Glasgow, or Carlisle, *via* Beattock.

Strathpeffer is a village situated in a pretty fertile valley about 200 feet above the sea level. It is well screened by lofty hills. The climate is a bracing and salubrious mixture of mountain and sea air, the Cromarty Firth being but 5 miles distant. There is an excellent water supply. The season is from May to October, though the Spa is open all the year round. Various baths may be had, as well as the waters, sulphurous and chalybeate for drinking. These are specially recommended for gout and articular rheumatism, skin diseases and dyspepsia. They are not suitable for asthma or sciatica.

Hotels, Spa, Ben Wyvis.

Access, Highland Railway by Dingwall.

INLAND HEALTH RESORTS OF SCOTLAND.

A few places only can be described owing to lack of returns giving the desired information.

Ballater.—A neat little town snugly situated in a rich wooded valley on the Dee, and surrounded by mountains. The climate is very agreeable and bracing, and much in favour with the people of Aberdeen. The walks and excursions are numerous and full of interest.

Hotels, Invercauld Arms, Loirston House, (see tables).
Access, G.N. of Scotland *via* Aberdeen.

Braemar, a healthy village about 17 miles from Ballater surrounded by a deer forest and lofty mountains, is a fine centre for excursions and beautiful scenery.

Hotels, Invercauld Arms, Fife Arms.
Access, Coach from Ballater.

Blair Atholl, a Highland hamlet with a fine bracing climate, situated among grand scenery.

Hotels, Atholl Arms, Bridge of Tilt.

Bridge of Allan holds high rank as a health resort on account of its salubrious climate, mineral waters and interesting and lovely scenery. It has a sheltered situation, being protected on the N. and E. by the Ochil Hills. The climate is so equable that invalids can stay here at any time of the year with benefit. The rainfall is moderate, fogs are rare. This place may be recommended for pulmonary complaints, gastric or hepatic dyspepsia, anæmia, and for convalescents after influenza or any debilitating illness.

Hotels, Philp's Royal, Carmichael's.

Access, North British and Caledonian, *via* Stirling.

Callander is one of the best centres in Scotland for beautiful and interesting excursions. It is also a most pleasant residence, though the climate is less bracing than some other Scottish resorts. There is a good golf course.

Hotels, Dreadnought, Ancaster Arms, also a large Hydro.

Access, Caledonian Railway.

Comrie, a lovely spot with mingled Highland and richly wooded lowland scenery, and sheltered equable, but not relaxing climate. Good fishing. The only drawback is a tendency to slight earthquakes, so that nervous folks should avoid this neighbourhood.

Hotels, Royal, McNeill's, Bridgend.

Access, Caledonian Railway.

Crieff, six miles from Comrie, and 62 from Edinburgh, is finely situated on a slope of the Grampians, and is surrounded on all sides with beautiful scenery. The climate has a great reputation for its purity and dryness. The rainfall is slight for Scotland. Epidemics are almost unknown. It is delightfully cool in summer, and appears a suitable place for dyspeptics, anæmic, and convalescent cases.

Hydro (see page 112).

Hotels, Drummond Arms, Royal.

Access, Caledonian Railway.

Dumfries, an ancient and well built town on the river Nith, a few miles north of the Solway Firth. It is specially interesting as being the centre of the "Burns country." There is good boating and fishing to be had. The neighbourhood is very beautiful. The climate is mild and equable, and very healthy, and may well be recommended for health seekers during the summer and autumn.

Hotels, Station (see tables), Queensberry, Woodbank Mansion.

Access, Portpatrick and Wigtownshire Joint, and Glasgow & S.W. Railways.

Dunblane.—A quiet restful spot on the river Allan. Here there is a fine Gothic Cathedral. The scenery is romantic. It is a good centre for excursions, being at the junction of the Callander and Oban Railway.

Hydro (see page 112).

Hotel, Stirling Arms.

Access, North British and Caledonian Railways.

Dunkeld.—Most beautifully situated on the river Tay. There is lovely scenery of mingled wood, river and moun-

tain. There is a fine Cathedral. Many interesting excursions may be made, or the health seeker may find rest and enjoyment in the place itself. There is good fishing. The climate is mild and bracing. Fine coach drives. As a summer resort for persons who have been overworked this place is very suitable.

Hydro.

Hotels, Birnam, Royal, Athol Arms, Watt's Temperance.

Access, Highland Railway, *via* Perth.

Edinburgh.—One of the most beautiful and interesting cities in Great Britain. The climate is airy and bracing, and while pleasantly cool in the summer, the winters are by no means severe, the temperature being modified by the proximity of the sea. The rainfall is very moderate, and the soil soon dries. The drainage and water supply are excellent. There is much less smoke than in most large towns. The surrounding scenery is of the most varied and interesting character. There is good sea bathing to be had close by at Portobello, Granton, or Trinity. There are good baths of different kinds in the City. Good golf links, tennis lawns, boating and other amusements in abundance. Lastly, the social and intellectual character of the Edinburgh society must greatly conduce to the healthful tone and activity of mind, so requisite for the enjoyment of physical health and activity.

Sanatorium (see page 146).

Hotels, Carlton, Royal, Imperial, Cockburn, Cranston's, Clarendon, Balmoral, MacGregor's.

Access, L. & N.W. Railway, N.E. Railway, Midland Railway.

Forres, in Morayshire, within five miles of the coast of the Moray Firth, possesses a delightfully equable and bracing climate, the average temperature being the same as that of London, cooler in summer and warmer in winter and more equable than Italy. The rainfall is said to be the lowest in Great Britain. The soil is dry and porous. There is a good Golf Course. Fishing and sea bathing

may be had. There are many pleasant excursions to be made. This place may well be recommended as a health resort at any time of the year.

Hotels, Royal Station, Victoria.

Access, Highland Railway.

Grantown. — 700 feet above sea level, has a fine bracing air and dry soil, and is a fine centre for the scenery of the Cairngorms. The country is very attractive. The roads are good for cycling and driving. There is good fishing and golfing. The rainfall is small and soon absorbed. The autumn, when S. & S.W. winds prevail, is very fine and enjoyable.

Hotel, Grant Arms.

Access, Highland Railway.

Kingussie may be recommended as a delightful bracing spot among fine scenery.

Hotels, Pullar's, Royal.

Access, Highland Railway.

Melrose.—A nice openly built town pleasantly situated near the banks of the Tweed, is one of the few places in Scotland that has some reputation as a mild winter resort. There are many beautiful walks and excursions, and good fishing may be had. Hydro, The Waverley.

Hotels, Abbey, George, and Abbotsford (see tables).

Access, Waverley route of the N.B. Railway.

Pitlochry. — A favourite summer resort, beautifully situated on the banks of the Tummel, the scenery around being remarkably fine. It is about 300 feet above the sea, yet owing to its sheltered position the climate is mild and equable, yet bracing. There is good fishing to be had. Hydro, The Athole.

Hotels, Scotland's (see tables), Fisher's.

Access, Highland Railway about one hour from Perth.

Loch Lomond is a favourite and charming resort in the summer and autumn, and can be highly recommended for persons requiring rest in sheltered places with the contemplation of exquisite scenery, or for those who require

change of scene, and are strong enough to make excursions along the shores and hills bordering this most lovely lake.

Hotels, at **Luss**, Colquhoun Arms; at **Tarbet**, The Tarbet; at **Inversnaid**, The Inversnaid; at **Ardlui**, at the head of the lake, Ardlui.

Access, by steamer from Balloch, though **Tarbet** and **Ardlui** also have stations on the West Highland Railway.

Tighnabruaich, a pretty village on the kyles of Bute, where the steamers stop on their way. The position is sheltered and the climate is delightful. The scenery is very beautiful, and many pleasant excursions can be made.

Hotel, Tighnabruaich (see tables).

Access, by steamer from Glasgow or Craigendoran.

Loch Awe can be recommended as a fine bracing place amongst the most glorious scenery. Good fishing, and numerous most interesting excursions. Good steamer for excursion on the Loch. A capital centre for breaking the journey North or South.

Hotels, Portsonachan (see tables), Loch Awe, Dalmally,

Access, Caledonian Railway, stations at Loch Awe and Dalmally.

THE HEALTH RESORTS OF IRELAND.

Year by year Ireland is becoming better known to tourists and health-seekers, and of late the accommodation for visitors has been greatly improved. Still there are many people who do not realise that the "Emerald Isle" possesses coast and inland scenery which will compare favourably with any found in the United Kingdom or Europe. Tourists are often told that it is always raining in Ireland. This is due to the fact that July and August, which are the most popular holiday months, are the wettest of the year. Even at its worst the Irish rain seems softer and less chilly than elsewhere, and need not cause one so much anxiety when exposed to it. The prevailing winds are from the west, and are tempered by the Gulf stream. The roads are improving every year. Good shooting and

fishing may be had in many parts. Visitors will find that a little politeness and appreciation of services is much valued by the Irish. A note should be made of the fact that the Irish mile exceeds the English mile by about 500 yards; and that Dublin time is 25 minutes later than English time.

The most popular and comfortable route to Ireland is that from Holyhead to Kingstown or Dublin. There are two lines; the mail route of the City of Dublin Steam Packet Co., the steamers of which take $2\frac{3}{4}$ hours in crossing, and land passengers at Kingstown, whence they are conveyed by train to Dublin; and the London and North Western Railway route, the steamers of which occupy $3\frac{1}{2}$ to $4\frac{1}{2}$ hours, and carry passengers right up to North Wall in Dublin. From both landing places there is direct communication with all parts of Ireland.

The Health Resorts may at present be most conveniently divided into summer and winter resorts, and will be described in alphabetical order according to Counties.

SUMMER RESORTS.

Co. Antrim.—Portrush, the chief watering place in the north of Ireland, being situated on a peninsula is almost entirely surrounded by the sea, and the wind from every quarter is refreshing, tonic and pure. There are fine sands for bathing and as playgrounds for children. The soil dries very quickly after rain. The drainage and water supply are satisfactory. Epidemics are rare and brief. There are fine sea water baths at the chief Hotel. Splendid golf links. It is an excellent centre for most interesting excursions. One drawback is the absence of trees. Old and young can enjoy themselves here.

Hotels, Railway, Golf, Portrush.

Access, Northern Co.'s Railway.

Whitehead, a favourite watering place $14\frac{1}{2}$ miles from Belfast, has a fine bracing climate, and the sea water is clear and good for bathing. Good roads and paths. Interesting neighbourhood.

Co. Clare.—**Kilkee**, one of the finest watering places in Ireland, finely situated amidst magnificent rock scenery. It is built on a semi-circular strand, sheltered on the N. and W. by cliffs, and the bay is protected by a ledge of rocks. The air is very pure and bracing. Baths have been erected near the sea, and there are several mineral springs. It is strongly recommended as a summer resort.

Hotels, Moore's, Royal Marine, West End.

It is easily reached by rail from Ennis.

Co. Cork.—**Youghal**, is an interesting and quaint old town situated on the estuary of the river Blackwater which affords some of the most exquisite river scenery. There is a fine esplanade and sea front. The climate is pure and bracing.

Hotels, Green Park, Devonshire Arms, Atlantic.

Access, Great S. & W. Railway from Cork.

Co. Donegal.—**Buncrana**, $7\frac{1}{2}$ miles from Derry, is beautifully situated on Lough Swilly. Sheltered from N. and E., exposed to the strong S. and S.W. winds. The summer is long and temperate, and the winter mild. Soil soon dries. Drainage and water supply good. Excellent golf links. Good fishing. An excellent place for cases of anæmia, debility, scrofula, and renal disease.

Hotel, Lough Swilly.

Access, G.N. Railway of Ireland, *via* Londonderry.

Bundoran.—A popular resort on the West of Ireland, finely situated on cliffs along a fiord running inland from Donegal Bay. The soil soon dries. The climate is clear and bracing. Many pleasant excursions can be made. A drawback is the absence of trees and shelter. Good Golf Links. Beautiful land and sea views.

Hotel, Great Northern Railway.

Access, G.N. Railway of Ireland *via* Enniskillen.

Rosapenna.—A delightful resort for those requiring rest and change with fine bracing air and grand scenery. Splendid sands for bathing and walking. Good Golf Links and Tennis Courts. Soil dry and sandy.

Hotel, Rosapenna (see tables), under supervision of Countess of Leitrim.

Co. Down.—Bangor, about 12 miles from Belfast, is a large and favourite resort for the inhabitants of that city. During the summer the trains run almost hourly, and frequent steamers ply between the two places. There is a fine beach for bathing. The Royal Ulster Yacht Club hold regattas here. The town is built on slopes surrounding a fine bay. The climate is pure and bracing.

Hotels, Grand (see tables).

Donaghadee, a favourite watering place 22 miles from Belfast, with good bathing, boating and fishing. Moderate rainfall. Sheltered from the N. Beautiful sea and land views.

Hotels, Arthur's, Imperial.

Access, rail from Belfast.

Newcastle is situated on the Bay of Dundrum, and affords beautiful scenery, good golf links and mountain climbing. The bathing is excellent, and there are hot and cold sea water baths to be had at the chief Hotel. Though the rainfall is heavy, the ground dries very quickly. There are fine facilities for anglers and artists. The climate is pure and invigorating. The neighbourhood is well wooded.

Hotel, Slieve Donard.

Access, Belfast & Co. Down Railway, 1 hour from Belfast.

Co. Dublin.—Balbriggan and Skerrries are quiet little watering places about 20 miles north of Dublin. They have a pleasant equable climate, and there are good sea bathing and boating.

Hotel, Hamilton Arms at Balbriggan.

Access, G.N. Railway of Ireland.

Dublin, the capital of Ireland, at the extreme end of the beautiful Bay of Dublin at the mouth of the Liffey cannot be considered a health resort, but it is a most interesting place for the health seeker to spend a few days at on his journey. The driest time is in the early spring and

autumn. The climate is mild and equable. The rainfall is moderate. Prevailing winds are from the W. The water supply is abundant, but hard. As soon as the new system of drainage is completed Dublin should be a much more healthy city than it is at present.

Hotels, Metropole (see tables), Gresham, Imperial, Royal Hibernian, Jury's, L. & N.W. Ry. Co.'s.

Howth.—A small town about nine miles N.E. of Dublin, with which it is connected by railway and tram line, is a favourite summer resort. There are fine sea and land views from the hill which may be reached by an electric railway. The climate of the S. side is remarkably mild and healthy.

Hotels, Claremont, Royal, St. Lawrence's.

Malahide is a village on the coast, 9 miles north of Dublin. The sea views are picturesque. There are extensive golf links. The attractions are bathing, boating and fishing. The soil is sandy and dries quickly. The drainage is good, the water though sufficient is hard. Longevity is frequent. Not a suitable place for persons suffering from heart or lung affections.

Hotel, Grand.

Access, G.N.R. of Ireland.

Co. Mayo.—**Achill Island**, a large Island situated off the W. Coast, about 15 miles long by 12 broad. It is very hilly, and the coast scenery is very fine. The bathing facilities are good, and the air is remarkably pure and exhilarating, though the climate is mild and equable. A most perfect place for a holiday resort, especially for children, and persons suffering from neuralgia, dyspepsia, anæmia and debility. Early summer and autumn are the best seasons. Frost and snow are rare. S.W. winds prevail. The chief place of residence is **Dugort**, which has a good drainage and water supply.

Hotel, Slievemore.

Access, Midland G.W.R. via Mallaranny or Mulrany to Achill Sound, then by car to Dugort.

N.B.—Notice should be sent to the proprietors of the Slievemore Hotel.

Co. Wicklow.—**Bray**, one of the largest sea-side resorts in Ireland, is about 12 miles S.E. from Dublin, from which it is easily reached by rail or road. It is sheltered on all sides except the E. and N.E. There is good sea-bathing. The surrounding scenery is varied and beautiful. A fine esplanade extends along the sea front. The water supply is abundant, and the house drainage seems satisfactory, but the main drainage system requires seeing to.

Hotels, Bray Head, Royal Marine, Grand International.

WINTER RESORTS.

Co. Cork.—**Blarney**, a small town on the river of the same name. The climate is remarkably mild and equable, especially in the winter, and the air is pure and not relaxing. The soil is sandy and soon dries. There is a large Hydro here, where are large hot-air baths, which are much used by the invalids. It is situated in extensive grounds with beautiful views. The water supply is abundant and of exceptional purity.

Access, Great S. & W.R., from Cork (6 miles).

Glengariff, for beauty of situation and scenery is unsurpassed. The bay is sheltered on all sides except the south. Though there is a considerable rainfall, the air soon clears, and the soil dries rapidly. The climate is remarkably balmy and equable, but not relaxing. In the spring, when a health resort is most needed for invalids, the climate of Glengariff is delightful, the rainfall is moderate, the sky clear and sunny, and the east wind has no terrors. There is no necessity to send pulmonary or rheumatic or gouty cases to the Riviera or Egypt while there is such an exquisite spot as this available. The drainage and water-supply are said to be satisfactory. The vegetation is most luxuriant, tropical and sub-tropical plants flourish here, which grow nowhere else in Europe. There are good facilities for boating and fishing, and all natural history

pursuits, while there are endless opportunities for the artist. The excursions to be made are varied and most beautiful.

Hotels, Eccles', Roche's, Bellevue.

Access, Coach from Bantry or Kenmare.

Queenstown.—Situated on the slope of a hill rising from the shore of Great Island in Cork Harbour, is an important naval station, and the port of call of the American liners, so that it is always interesting. It is a very picturesque place. The views are very fine. It is sheltered from N.N.E. and N.W. winds. The climate is mild, equable, dry and bracing. The mean temperature is similar to that of Torquay. It is recommended as a winter resort for convalescents from acute illness, and sufferers from lung and throat affections. The atmosphere is remarkably soothing.

Hotels, Queen's, Kilmurray's Royal, Beach (Temperance).

Access, G.S. & W. Railway from Cork ($11\frac{3}{4}$ miles); G.W. Railway from Paddington to New Milford, then steamer to Cork.

Co. Down.—**Rostrevor and Warrenpoint** are two charming villages situated on Carlingford Lough. The scenery is beautiful, the country being well wooded. There is good shelter on all sides. The climate is wonderfully mild and suitable for pulmonary complaints. There is good bathing, fishing and Golf Links. There is a tram-line connecting the two places. At Rostrevor there is an excellent Sanatorium (see page 146).

Hotels, Great Northern, Glenmore, Sangster's. Hotels at **Warrenpoint**, Great Northern, Crown.

Access,

Kingstown.—Six miles S.E. of the Capital, is situated on the shore of Dublin Bay. It possesses a very fine harbour. There is good drainage and water supply. The climate is remarkably temperate, especially in the winter when it compares favourably with Ventnor and other resorts in the South of England. The rainfall is low especially in the winter, and there is plenty of sunshine.

It can therefore be recommended as a winter resort for pulmonary, dyspeptic, neuralgic, and rheumatic persons.

Hotels, Anglesea Arms, Royal Marine.

Access, trains every half-hour from Dublin, steamer from Holyhead.

Co. Kerry.—Killarney is a small town situated near the famous lakes, in a district remarkable for its luxuriant vegetation. The air is pure, fresh and bracing. There is rather an excess of cloudy days during the year. The scenery is very beautiful. There is good boating and fishing, and many beautiful excursions may be made. The climate has a good reputation for its mildness.

Hotels, Lakes (see tables), Great Southern, Royal Victoria, Muckross, Metropole.

Access, G.S. & W. Railway, or Coach from Bantry.

Parknasilla.—A sheltered spot on the shore of the Kenmare River, surrounded by exquisite scenery of mingled wood and sea, and mountain and river. It is recommended as a most delightful resort for chronic invalids or convalescents, or for anyone requiring rest and quietness with lovely natural surroundings and no worries. There is no town or village.

The two Hotels, Southern, are most comfortable, and have fine grounds.

Access, Coach or Car from Kenmare or Waterville.

Co. Mayo.—Mallaranny is a beautiful village on the West Coast, situated on Clew Bay, $18\frac{1}{2}$ miles from Westport. It is well sheltered. The climate is pure, temperate and bracing, and there is much sunshine. The ground dries quickly after rain. It is recommended for cases of phthisis and lung diseases generally, as well as for those who are in fair health and require change of air and healthy recreation.

Hotel, Railway.

Access, Midland G.W. of Ireland from Westport.

Co. Wicklow.—Enniskerry, an inland village situated in a valley 3 miles from Bray. It is very picturesque, and enjoys a pure, mild, equable climate, a blend of sea and mountain air. There is a good deal of rain, but the soil quickly dries. It is considered very suitable for cases of early phthisis, bronchitis, asthma, and convalescence from pneumonia, or influenza.

Hotel, Powerscourt Arms.

Access, car from Bray.



Hotels, &c., at Health Resorts.

CHAPTER XIII.

With the object of making the information concerning Health Resorts as useful as possible to Medical Men, we have been at some pains to obtain names and details of a number of the best Hotels and Boarding Houses at the places described.

It appeared that it would be an additional advantage if a Medical Man, when advising a Health Resort, could at the same time give his patient some idea of the accommodation to be found there, whether Houses for Resident Patients, Hotels (Public or Private) or Hydros. These places of residence are mentioned or referred to at the end of the description of each Health Resort.

If this information is approved of and found useful by our readers, efforts will be made to make it still more complete and reliable in subsequent editions. If, on the other hand, there should be a widely expressed opinion that details of Hotels are outside the scope of this work, or in any way derogatory to it, the Compilers are quite prepared to omit the subject altogether. In the few instances where no place of residence is given, the reader will understand that there is not necessarily no accommodation to be had, but that reliable information has not been forthcoming.

HOTELS—ENGLAND.

Locality.	Name of Hotel.	Postal Address.	Telegrams.	No. of Beds
Cornwall.	St. Petrocks.	Bodmin, Cornwall.	St. Petrocks, Bodmin.	20
"	Penolver Boarding House.	Newquay, Cornwall.	Penolver, Newquay.	To accommodate 60
"	Festral Bay Boarding House.	Newquay, Cornwall.	"Fistral," Newquay.	13
"	Moirah Boarding House.	Mount Wise, Newquay, Cornwall.	"Dennis," Newquay, Cornwall.	14
"	Mounts Bay Hotel, Penzance.	Penzance.	Hotel, Penzance (Registered).	36
"	Western Hotel.	St. Ives, Cornwall.		10
Derbyshire.	Crescent Hotel.	Buxton, Derbyshire.	Crescent Hotel, Buxton.	60
"	Empire Hotel.	Empire Hotel, Buxton.	Empire, Buxton.	300
"	Grove.	Buxton.	Grove, Buxton.	20

HOTELS—ENGLAND.

Terms.	Seaside or Inland.	Means of Access.	Remarks.
Moderate.	Inland.	G. W. Railway.	Centre for North Cornwall Hounds. Near Golf Links good Shooting and Fishing and excellent scenery.
See under Remarks.	Seaside.	G. W. Railway and S. W. Railway.	Winter—Oct. to June, 30/- to 35/- per week; Summer—July to September, 3 to 4 guineas per week.
£2 2s. 0d. to £4 4s. 0d. per week.	Seaside.	G. W. Railway and S. W. Railway.	Close to Golf Links. Town 'Bus meets <i>all</i> trains.
Winter, from 5/- per day; Summer, from 7/- per day.	Seaside.	G.W. Ry. Station here, S.W. Ry. to Wadebridge, thence by coach, 16 miles.	On high ground, best position, commanding extensive views. Five minutes' from Station, Churches and Beaches, Tennis and Golf Links.
£3 3s. 0d. per week.	Seaside, on Esplanade.	G. W. Railway.	Omnibus meets trains. Close to Public Gardens.
8/- per day.	Seaside.	G. W. Railway.	Billiards, Coaching. Boots meets trains; 3 minutes from station.
10/6 to 13/- according to season.	Inland Watering Place.	Midland Railway and L. & N.W. Railway.	Highest town in England. Hot Mineral Water Baths for Gout, Rheumatism, Sciatica, etc. Electric light. Corridors heated with hot water.
Winter, £4 4 per week. April, May, June. £5 5.	Inland.	Midland Railway, L. & N.W. Railway. 4 hours from London.	Electric light. Lifts to all floors. Invalid diet carefully studied. Most comfortable public rooms. Perfect sanitation.
8/6 to 11/6.	Inland.	One minute from L. & N.W. Ry. and Midland Ry.	Family and Commercial.

HOTELS—ENGLAND.

Locality.	Name of Hotel.	Postal Address.	Telegrams.	No. of Beds
Derbyshire.	Shakespeare.	Buxton.	Shakespeare, Buxton.	40
„	Temple Hotel.	Matlock Bath.	Temple, Matlock Bath.	20
Devon.	Rolle Hotel.	Budleigh, Salterton, Devon.	Rolle Hotel, Budleigh.	15
„	Royal Hotel.	Bideford.	Royal Hotel, Bideford.	40
„	Royal Castle Hotel.	Lynton, Barnstaple.	“Castle,” Lynton.	60
„	Hoe Mansion, Private Pension.	20-22, Elliott St., Plymouth.	Hoe Mansion, Plymouth.	30
„	Lyn Vale Boarding House.	Lynton, near Devon.	Reeorder Office, Lynton.	5
„	Duchy Hotel and Duchy House.	Prince Town.	Duchy, Prince- town.	20
„	Knowle Hotel.	Sidmouth, S. Devon.	Knowle Hotel, Sidmouth.	80

HOTELS—ENGLAND.

Terms.	Seaside or Inland.	Means of Access.	Remarks.
8/6 to 11/6.	Inland.	Two minutes from L. & N.W. Ry. and Midland Ry.	Family and Commercial.
From 6/- to 7/- per day.	Inland.	Midland Ry., 5 minutes' distance.	The oldest established Hotel and best position in Mat- lock Bath. Magnificent views. Own farm. Every home comfort.
	Seaside.	L. & S.W. Ry.	
From 3 gs. per week.	On River Torridge, 2 miles from sea.	L. & S.W. Ry.	Central for the whole of North Devon and Kingsley's Country.
Per tariff and En Pension.	Seaside.	L. & S.W. Ry. and Coaches.	
2 to 3½ gs. weekly inclusive.	Seaside.	G.W. Ry. and S.W. Ry., or Boats from all ports in United Kingdom.	Pleasant situation for all in search of health or pleasure. Sea and Moorland trips, boating, fishing, bathing.
June and July 15/- a room ; August and September, £1 a room.	Seaside.	Lynton and Barns- staple Ry., Coach from Minehead, or Steamer from Bristol.	Medical report. Most healthy place in England, and is called English Swit- zerland.
From 9/- per day.	Inland.	Branch of G.W. Ry. Junction at Yelverton	Altitude 1400ft. Situated in centre of Dartmoor, midst beautiful scenery. Air in- vigorating. Fishing, Shoot- ing, Hunting.
From 3½ guineas per week.	Seaside.	L. & S.W. Ry. to Sidmouth Station.	Beautiful grounds, 20 acres ; Tennis and Croquet. Winter Garden, Golf Links, good Boating, Bathing, Fishing, Hunting.

HOTELS - ENGLAND.

Locality.	Name of Hotel.	Postal Address.	Telegrams.	No. of Beds
Devon.	Queen's.	Teignmouth.	Beswetherick, Teignmouth.	16
"	"Seymour" Family Hotel.	Totnes.	Seymour, Totnes.	
"	The Tors Hotel.	Lynmouth, Barnstaple, Devon.	Tors, Lynmouth.	35
"	Belgrave Hotel.	Torquay.	Belgrave. Torquay.	30
Dorset.	Central.	Parkstone, Dorset.	Central, Parkstone.	5
"	Grand Hotel.	Swanage.	Grand. Swanage.	50
Durham.	Royal County Hotel, Durham.	Durham.	County Hotel, Durham.	40
Essex.	The Towers Private Boarding Establishment.	Claeton-on-Sea.	The Towers, Clacton. Tele- phone No. 1, Clacton.	52
"	Cliff Hotel, Dovercourt Bay.	Dovercourt, Essex.	Cliff Hotel, Dovercourt.	40
Gloucester- shire.	Belle Vue Hotel.	High Street, Cheltenham.	Belle Vue. Cheltenham.	20

HOTELS—ENGLAND.

Terms.	Seaside or Inland.	Means of Access.	Remarks.
£2 10s. 0d. to £3 10s. 0d. per week.	Seaside.	G.W. Railway.	Three minutes' walk from Station.
On application.	Inland, on banks of River Dart.	G.W. Ry. and River Dart Steamers.	Mild climate, sheltered position, beautiful scenery.
From £3 3s. a week ; 10/6 per day.	Facing the Sea.	G.W. Ry. or S.W. Ry. from London, Steamers and Coaches.	Stands in own lovely grounds of many acres, 300ft. above sea, and on the sunny side.
From 10/6 per day.	Seaside.	G.W. Ry. $\frac{1}{2}$ mile from Station.	Due south, overlooking Tor Bay ; within 100 yards of sea. Extensive private grounds.
By arrangement.	Near Sea.	L. & S.W. Ry.	Two minutes from Station, Church, Post Office, Parks, Trams. Golf Links in easy access.
From 3½ guineas per week.	Seaside.	L. & S.W. Ry.	Near Golf Links. A new first-class up-to-date Hotel.
2/6 to 8/6 per day.	Inland.	N.E. Railway.	
6/6 upwards.	Facing sea, due south.	G.E. Railway.	The best position. Standing in its own grounds. Sanitation perfect.
From 8/6 inclusive.	Seaside.	G.E. Ry., 2 hours from London.	Standing on hill 40ft. above sea. S. aspect, facing German Ocean. Safe bathing, fine promenade.
From 42/- per week inclusive.	Inland.	G.W. Ry. and Midland Ry.	Very pleasantly situated. All rooms overlooking large lawn. Electric light. Quiet comfortable House.

HOTELS—ENGLAND.

Locality.	Name of Hotel.	Postal Address.	Telegrams.	No. of Beds
Gloucester-shire.	Tates Hotel, Cheltenham.	Tates, Cheltenham.	Tates, Cheltenham.	60
Hants.	Meyrick Mansions, Pension.	Westover Road, Bournemouth.	Meyrick Mansions, Bournemouth.	20
„	Baron's Court Boarding House.	Baron's Court, Boscombe, Bournemouth.	Baron's Court, Boscombe.	15
„	Tarrazona Boarding Establishm't	Boscombe, Bournemouth.	Tarrazona, Boscombe.	20
„	Elvaston.	Bournemouth.	Elvaston, Bournemouth.	30
„	Boscombe Grange.	Bournemouth.	Boscombe Grange, Bournemouth.	15
„	Southcliffe, Bournemouth.	Bournemouth.	Philpots, Southcliffe, Bournemouth.	40
„	Belvedere Private Hotel.	Belvedere, Bath Road, Bournemouth.	Belvedere, Bournemouth. Telephone 776.	20
„	Southgate Boarding House.	Southgate, West Cliff, Bournemouth.	Southgate, Bournemouth.	12

HOTELS—ENGLAND.

Terms.	Seaside or Inland.	Means of Access.	Remarks.
£2 2s. to £3 3s. per week.	Inland.	Midland, G.W. Rys.	Standing in the centre of grounds near the College, Shops, etc.
3 guineas per week.	Seaside.	L. & S.W. Ry.	Well warmed, comfortable House. Good cooking and every comfort.
From 2 guineas per week.	Seaside.	L. & S.W. Ry. and Tram.	Very pleasantly situated. Sunny aspect. Principal rooms facing south. Home comforts.
25/- to 5 guineas per week.	Seaside.	L. & S.W. Ry.	Pleasant situation, good south rooms. Visitors comfortably studied.
From 2½ guineas per week.	Seaside.	L. & S.W. Ry., Midland and S. & D. Rys.	Directly facing sea and stand- ind in its own grounds of 2 acres, with ample stable accommodation.
30/- to £2 10 per week.	Seaside.	L. & S.W. Ry., Boscombe or Bourne- mouth Central Station.	
3 to 4 guineas en pension.	Seaside.	L. & S.W. Ry., Midland Ry.	A pension conducted by an M.D. as a pleasure and health resort. Confirmed invalids are not received. On cliff edge, opposite pier, facing sea.
2½ to 7 guineas per week.	Seaside.	Bournemouth Cen- tral Station on L. & S.W. Ry.	On East Cliff, 4 minutes from Pier and centre of town. Well warmed. Electric light. Good public rooms.
5/6 to 7/6 per day.	Seaside.	L. & S.W. Ry., Midland Ry. to Bournemouth West.	Comfortable and homelike.

HOTELS—ENGLAND.

Locality.	Name of Hotel.	Postal Address.	Telegrams.	No. of Beds
Hants.	Mancetter.	St. Michael's Rd., Bournemouth West.	Mancetter, Bournemouth West.	12
„	Alma Boarding House.	Mrs. Weatherhead, Alma, Suffolk Rd., Bournemouth.	Alma, Bourne- mouth.	8
„	The Grosvenor Boarding House.	Chine Creseent, Bournemouth West.	Grosvenor, Bournemouth.	20
„	Newlyn's Royal Exeter.	Bournemouth.	“Newlyn's” Bournemouth.	50
„	Garston Towers, Private Hotel.	Bosecombe, Bournemouth.	Garston Towers, Bosecombe.	16
„	Hotel Bristol.	Bournemouth.	Hotel Bristol, Bournemouth.	40
„	Hotel Metropole, Bournemouth.	Hotel Metropole, Bournemouth.	Metropole, Bournemouth.	200
„	Mont Dore.	Mont Dore, Bournemouth.	Mont Dore, Bournemouth.	
„	Dalkeith Hotel.	Old Christehurch Road, Bournemouth.	Dalkeith Hotel, Bournemouth.	60

HOTELS—ENGLAND.

Terms.	Seaside or Inland.	Means of Access.	Remarks.
2 guineas a week.	Seaside.		Sanitary certificate. Bath-room.
30/- to 42/- per week.	$\frac{3}{4}$ of mile from sea.	L. & S.W. Ry., Midland Ry. Trams to all parts of town.	Healthy situation, sheltered. Liberal table ; 4 south bedrooms, 2 south sitting rooms, lounge ; house warmed throughout.
2 to 4 guineas.	Seaside.	Train.	Beautifully situated on the West Cliff, near Sea, Pier, Winter & Pleasure Gardens.
From 12/6 per day.	Seaside.	S.W. Ry. and Midland Ry.	First-class.
From 2 guineas.	Seaside.	L. & S.W. Ry. to Boscombe Station.	Invalids' comforts specially studied, and cooking a speciality. Climate mild in winter. bracing in summer.
10/6 per day inclusive.	Seaside.	L. & S.W. Ry., S. & D. Ry. also Midland Ry.	Hotel in own gardens over $\frac{1}{2}$ an acre, in centre of Bournemouth, opposite Roman Catholic Church.
Per tariff, or 12/6 and upwards.	Seaside.	L. & S. W. Ry.	On the celebrated East Cliff.
(On application to the Manager.	Seaside.	Bournemouth Central and West Stations on L. & S.W. Ry.	Every modern convenience. Electric light ; lifts to every floor. Winter Garden. Medicated baths of all kinds. Central position. Carefully warmed.
£2 2s. to £3 3s. per week.	Seaside.	L. & S.W. Ry. Easy distance from both Stations.	Situated in centre of Bournemouth, 3 minutes to Invalids Walk, 5 minutes to Pier. Meals served on separate tables. Electric light.

HOTELS ENGLAND.

Locality.	Name of Hotel.	Postal Address.	Telegrams.	No. of Beds
Hants.	Royal Bath Hotel	Bournemouth.	Bath Hotel, Bournemouth.	150
"	Empress Hotel, The Square, Bournemouth.	Empress Hotel, Bournemouth.	Empress Hotel, Bournemouth.	
"	The Wyche Private Hotel.	Wyche, Bournemouth.	Wyche, Bournemouth.	70
"	White Hall.	White Hall Hotel, Bournemouth.	Whitehall, Bournemouth.	50
"	Crown Hotel.	Lyndhurst, Hants.	Crown, Lyndhurst.	60
"	Hotel Victoria.	Milford-on-Sea, Hants.	" Hotel," Milford-on-Sea.	
"	Sandringham.	Osborne Road, Southsea.	Sandringham. Southsea.	50
"	Imperial Hotel.	Imperial Hotel, Southsea.	Imperial, Southsea.	25
Kent.	The Albion Hotel.	Albion Hotel, Broadstairs, Kent.	Albion, Broadstairs.	25

HOTELS—ENGLAND.

Terms.	Seaside or Inland.	Means of Access.	Remarks.
Board, 10/6 per day.	Seaside.	Rail from Waterloo. Main line.	Special terms to Medical men. Patronized by H.M. the King when Prince of Wales.
2 to 3 guineas per week ; 8/6 to 10/- per day.	Seaside.	L. & S.W. Ry., Midland Ry.	Occupies most central position, overlooking Gardens. Lift, electric light ; steam radiators. Up-to-date sani- tary arrangements.
30 - weekly.	5 minutes from sea.		
2½ guineas a week, en pension.	Seaside.	L. & S.W. Ry.	The sunniest and most healthy position amongst pines on the favourite East Cliff, sheltered from E. and N. winds.
From £3 17s. per week.	Village sur- rounded by the New Forest.	By Omnibus from Lyndhurst Road, L. & S.W. Ry.	Situated facing S., on high ground in best part of Lynd- hurst, New Forest ; 19 miles from Bournemouth, 10 miles from Southampton.
En pension from £3 13 6 per week.	Seaside.	Per Omnibus from New Milton Station, L. & S.W. Ry.	Facing due S., being directly opposite the Needles. Illus- trated tariff on application to the proprietor.
From 2 guineas a week, en pension.	Seaside.	From Victoria or Waterloo, 2 hours.	Most pleasantly situated, 5 minutes from Clarence Pier. Good view of Isle of Wight. Electric light.
From 2 to 3 guineas per week.	Seaside.	L. & S.W. Ry., L.B. & S.C. Ry.	This Hotel faces the Sea and Common, and close to the Clarence Pier.
From 10/6 per day.	Seaside, facing sea.	L.C. & D. Ry. to Broadstairs Station.	Recommended as very com- fortable. Electric light.

HOTELS—ENGLAND.

Locality.	Name of Hotel.	Postal Address.	Telegrams.	No. of Beds
Kent.	Grand Hotel.	Dover.	Grand Hotel, Dover.	50
"	White Hart Hotel.	Margate.	White Hart, Margate.	60
"	Queen's & High Cliffe Hotels.	Cliftonville, Margate.	Ozone. Margate. Telephone Nos. : 35, 50.	100
"	Royal York Hotel.	Margate.	Royal York, Margate.	50
"	The Granville Hotel.	Granville Hotel, Ramsgate.	Granville, Ramsgate.	
"	Queen's Hotel.	Westcliff-on-Sea, Kent.	Queen's, Southend.	100
"	Royal Kentish Hotel.	London Road, Tunbridge Wells.	Kentish Hotel, Tunbridge Wells.	45
Lancashire.	Metropole.	Hotel Metropole, Blackpool.	Metropole, Blackpool.	

HOTELS—ENGLAND.

Terms.	Seaside or Inland.	Means of Access.	Remarks.
10/6 to 12/6 a day.	Seaside.	S.E. & C. Ry. to Dover Town Station.	First-class Hotel. On sea front. Fine view of sea and harbour. Electric light ; lift ; excellent public rooms ; first-rate cuisine.
From 10/6 per day.	Seaside.	L.C. & D. and S.E. Rys.	
En pension from 10/6.	Seaside.	S.E. Ry., L.C. & D. Ry. and New Palace Steamers from London.	Good billiard room. Hotel situated in private grounds extending to cliff edge.
	Seaside.	S.E. and L.C. & D. Railways.	Old established for families gentlemen, not Commercial. Very spacious sitting and bedrooms. Facing the sea. Moderate tariff.
Summer, £5 5 ; Winter, £4 4 per week. Week end tickets, £2 2.	Seaside.	S.E. & C. Ry.	On high cliffs, facing sea, overlooking Gardens. Most comfortable public rooms ; lift to all floors ; electric light. Turkish and other baths. Balconies to most rooms.
From £3 3s. per week, inclusive.	Seaside.	L.T. & S. Ry., Midland Ry.	Modern first-class Hotel.
10/6 to 15/- inclusive.	Inland.	S.E. & C. Ry. and L.B. & S.C. Ry.	Near Stations and famous Chalybeate Springs. Well sheltered. Elegantly fur- nished in modern and com- fortable style. Special arrangements for term of residence.
Inclusive on application, except at Easter, Whit- suntide or dur- ing season.	Seaside.	L. & N.W. Ry.	Fine views of sea. Nearly all rooms facing sea have balconies. Hot and cold sea water. Special week-end terms, during Winter, 21/- ; Summer, 25/-.

HOTELS—ENGLAND.

Locality.	Name of Hotel.	Postal Address.	Telegrams.	No. of Beds
Lancashire.	Duke of Edinburgh Hotel.	Edinbro Hotel, Barrow.	Edinbro Hotel, Barrow. Telephone 93.	30
"	Furness Abbey Hotel.	Furness Abbey, Barrow-in-Furness.	Hotel, Furness Abbey.	
"	The Atlantic.	Sandylands, Morecambe, Lancashire.	The Atlantic, Morecambe.	35
Lincolnshire.	Sea View Hotel.	Skegness.	Dunkley, Skegness.	80
London.	Broadwalk Hotel.	Broadwalk Hotel, De Vere Gardens, London, W.	Kensingtonian, London. Telephone 858. Kensington.	50
Norfolk.	Hotel de Paris.	Cromer, Norfolk.	Paris Hotel, Cromer.	
"	Westward Ho Boarding House.	Cromer.	Westward Ho, Cromer.	30
Somerset.	Harris' Private Hotel.	Queen Square, Bath.	Harris' Hotel, Bath. Telephone No.26.	30
"	Waldron's Private Hotel.	Queen Square, Bath.	Waldron's Bath.	
"	"Castle."	Bath.	Castle Hotel, Bath.	

HOTELS—ENGLAND.

Terms.	Seaside or Inland.	Means of Access.	Remarks.
Moderate.	Seaside.	Via Carnforth, Furness Ry.	
From 10/6 a day for a visit of not less than a week.	Inland.	Furness Ry.	Within easy distance of Lake District. Golf, Fishing, Croquet. Perfect sanitation. Telegraph and Telephone in the Hotel. Excellent public rooms. Electric light.
£2 2s. per week.	Seaside.	Midland and L. & N.W. Rys.	Central for Lake District. Faees Bay and Promenade. First-class catering. The largest and leading Private Hotel in best situation.
6/6 to 8/6 per day.	Seaside.	Gt. N. Ry.	Splendid beach and sands.
From 3 guineas.	Inland.	Cab from any London terminus.	
According to season.	Within a few yards of the sea.	Gt. E. Ry., Midland and Gt. N. Rys.	Hotel occupies the finest site in Cromer. Driest place in the United Kingdom, and very free from fogs.
On application.	Seaside.	Gt. E. Ry., Midland and Gt. N. Rys.	On West Cliff, overlooking sea.
3½ to 4 guineas per week, inclusive.	Inland.	Gt. W. Ry.	High-class. Conveniently situated in best part of city. Under personal supervision.
7/6 per day.	Inland.	Gt. W. Ry.	Electric light. Centrally situated. Very comfortable.
Per Tariff	Inland.	Gt. W. Ry. and Midland Ry.	

HOTELS—ENGLAND.

Locality.	Name of Hotel.	Postal Address.	Telegrams.	No. of Beds
Somerset.	The Empire.	Empire Hotel, Bath.	Empire, Bath.	200
„	The Queen's Hotel.	Queen's Hotel, Burnham, Somerset.	Queen's Hotel, Burnham, Somerset.	30
„	Walton Park Hotel.	Walton Park Hotel, Clevedon, Somersetshire.	Parkotel, Clevedon.	80
„	Queen's Hotel.	Clifton, Bristol.	Queen's Hotel, Clifton, Bristol.	20
„	Carnarvon Arms.	Dulverton R.S.O., Somerset.	Carnarvon Arms, Dulverton Station.	20
„	Hotel Metropole.	Hotel Metropole, Minehead, Somerset.	Metropole, Minehead.	80
„	Royal Pier Hotel.	Weston-Super- Mare.	Caw, Weston- Super-Mare.	30 Addi- tions are being made 100
„	Grand Atlantic Hotel.	Weston-Super- Mare.	Atlantie, Weston-Super- Mare.	

HOTELS—ENGLAND.

Terms.	Seaside or Inland.	Means of Access.	Remarks.
£5 5 weekly during summer months.	Inland.	Gt. W. Ry.	Near Abbey, Baths, and Pump Room. Electric light. Lift. Invalid diet specially studied. Sanitation perfect. Most comfortable public rooms.
Special terms to Golfers.	Seaside.	S. & D. J. Ry.	Headquarters of Burnham and County Club. Unrivalled Golf Links.
From £3 3 a week winter. From 3½ guineas a week summer.	Seaside.	Gt. W. Ry.	Hotel stands in own grounds of 4 acres commanding finest sea and land views. Dr. B. W. Richardson's "Ideal of a City of Health."
	Inland.	Gt. W. Ry.	
£2 16s. to £3 10s. per week.	Inland.	Gt. W. Ry.	Five miles private trout fish- ing free for visitors. Wild red deer hunting. Lorna Doone land. Delightful scenery.
En pension from 3 to 5 guineas per week. Special winter terms from 2 gns.	Seaside.	Gt. W. Ry. from Paddington.	One of the most lovely spots in England. In the centre of romantic Lorna Doone country. Electric light; well warmed.
On application.	Seaside. Close to the water.	Gt. W. Ry.	
En pension from £3 13 6 per week.	Seaside.	Gt. W. Ry.	This Hotel faces the sea, has handsome public rooms, lift to every floor. Electric light.

HOTELS—ENGLAND.

Locality.	Name of Hotel.	Postal Address.	Telegrams.	No. of Beds.
Suffolk.	The Empire.	Empire Hotel, Lowestoft.	Empire, Lowestoft.	250
„	The Clyffe (Temperance).	1, 2, Kirkley Cliff, S. Lowestoft.	Clyffe, Lowestoft.	
„	South View Boarding Establishment.	South View, Lowestoft.	South View, Lowestoft.	40
„	Marlborough Hotel.	Southwold, Suffolk.	Marlborough, Southwold.	42
Sussex.	Cockburn Hotel.	Bexhill-on-Sea.	Cockburn Hotel, Bexhill-on-Sea.	50
„	Arlington Boarding House.	Manageress, Arlington, Bognor, Sussex.	Arlington, Bognor.	20
„	Lancaster Hotel.	47, Grand Parade, Brighton.	Pitts, Brighton. Telephone No. 05858.	24
„	Albion House.	135, 136, King's Road, Brighton.	Front, Brighton.	30
„	Egremont Hotel.	Norfolk Square, Brighton.	Recovery, Brighton.	8

HOTELS—ENGLAND.

Terms.	Seaside or Inland.	Means of Access.	Remarks.
Summer, £5 5; Winter, £4 4 per week.	Seaside.	Gt. E. Ry.	Excellent public rooms, all facing sea; 3 acres of garden. Plenty of indoor amuse- ments. Good bathing and sea trips. Fishing in sea and Broads.
From £2 2s. weekly; 7/6 per day.	Seaside.	Gt. E. Ry.	Good public rooms. Fine sea views; near Pier and Swimming Bath. Good tennis lawn.
From 5/- to 7/6 a day.	Seaside.	Gt. E. Ry. from Liverpool Street.	Sea view and close to Pier and Beach.
Winter, 10/6 per day, or 3 guineas per week.	Seaside.	Gt. E. Ry.	
52/6 to 84/- weekly; 8/6 to 13/6 a day inclusive.	Seaside.	L.B. & S.C. Ry. and S.E. & C. Ry. Good train service.	Hotel quiet and well arranged Comfortable for invalids. On sea front, overlooking Parade, Gardens & Kursaal.
2 to 4 guineas	Facing sea.	L.B. & S.C. Ry.	Lawn for tennis or croquet.
£2 2s. per week.	Seaside.	L.B. & S.C. Ry.	Very highly recommended.
From 2 guineas.	Seaside.	L.B. & S.C. Ry.	Finest position. Under personal supervision of the proprietors.
9/- per day, or £2 15s. per week.	Seaside.	'Bus from Station, 1d. fare.	Two minutes from sea. Visitors have free use of the enclosure opposite.

HOTELS—ENGLAND.

Locality.	Name of Hotel.	Postal Address.	Telegrams.	No. of Beds
Sussex.	Royal Brunswick Mansions.	1, 2, 2a, Western St., Brunswick Terrace, Brighton.	'Boat,' Brighton. Telephone 05836.	23
"	Hotel Victoria.	King's Road, Brighton.	Hotel Victoria, Brighton.	50
"	Fitzroy House Boarding Establishment.	27, 28, Regency Square, Brighton.		26
"	Carlyle Mansion.	Brunswick Place, Hove, Brighton.	Newman, Carlyle Mansion, Hove.	
"	31, Brunswick Place.	Hove, Brighton.	Unique, Brighton.	21
"	Liverpool House.	18, Oriental Place, Brighton.	"Commodity," Brighton.	14
"	Harley House Hotel.	12, Marine Parade Brighton.	Gabell, Brighton. Telephone 839.	34
"	Madeira Private Hotel.	21, 22, & 23, Marine Parade,	Madeira Hotel, Brighton.	34
"	Portland House.	52 to 56, Regency Square, Brighton.	Thackrey, Brighton.	65
"	The Palace Hotel.	Hastings.	Palace Hotel, Hastings.	

HOTELS—ENGLAND.

Terms.	Seaside or Inland.	Means of Access.	Remarks.
From 2½ guineas.	Seaside.	L.B. & S.C. Ry.	Pleasantly situated on the sea front. Best position in Brighton.
From 9/- per day and 2½ guineas per week, inclusive.	Seaside.	L.B. & S.C. Ry.	
From 35/- per week; from 7/6 per day.	Facing sea.	L.B. & S.C. Ry. Cab or Omnibus from Central Station.	Select, cheerful and home-like. Established 1884.
From 2 guineas weekly.	Seaside.	L.B. & S.C. Ry.	Electric light. Excellent cuisine. Good public rooms.
Single, 2 to 5 guineas. Double, 3 to 7 guineas.	Seaside.	L.B. & S.C. Ry.	Private Boarding Establishment.
From 2 gns. per week.	Seaside.	L.B. & S.C. Ry.	
From 7/6 per day.	Facing sea and pier.	L.B. & S.C. Ry.	Situated on East Cliff, central and most healthy part of town. Near principal streets and all amusements and piers.
From 10/6 per day.	Facing sea and pier.	L.B. & S.C. Ry.	This Hotel has a nice garden at the back of house.
9/- to 12/6 per day.	Seaside.	L.B. & S.C. Ry.	Most conveniently situated for all places of amusement, railway, etc.
10/6 daily for a visit of not less than one week, except in season.	Seaside.	L.B. & S.C. Ry.	Facing the sea. Excellent public rooms. Carefully warmed during winter. Electric light; lift. Season from Nov. to March.

HOTELS—ENGLAND.

Locality.	Name of Hotel.	Postal Address.	Telegrams.	No. of Beds
Sussex.	Esplanade.	Seaford, Sussex.	Seaford.	60
„	Westward Ho.	Worthing.	Westward Ho,	20
„	Marine Hotel.	Worthing.	Marine Hotel, Worthing.	20
Warwickshire.	Grand Hotel.	Birmingham.	Grand Hotel, Birmingham.	350
Worcester- shire.	Norbury Boarding House.	Droitwich.	Norbury, Droitwich.	10
„	Raven Hotel.	Raven Hotel, Droitwich.	Raven Hotel, Droitwich.	35
„	Aldwyn Tower.	Great Malvern.	Aldwyn Tower, Malvern.	20
„	Hardwick Private Hotel.	Great Malvern.	Great Malvern.	20
„	Marlborough House.	Great Malvern.	Great Malvern.	18
„	Imperial Hotel.	Malvern.	Imperial, Malvern.	120
„	Belle Vue Hotel.	Malvern.	Belle Vue Hotel, Malvern.	30
Yorkshire.	New Spa Boarding House & Private Hotel.	15, Marine Drive, Bridlington.	Spa Hotel, Bridlington.	31

HOTELS—ENGLAND.

Terms.	Seaside or Inland.	Means of Access.	Remarks.
From 3½ guineas.	Seaside.	L.B. & S.C. Ry. from London Bridge or Victoria.	Only Hotel in Seaford directly facing the sea.
7/6 to 10/6 per day.	Facing sea.	Railway.	Large library and recreation room. Billiards.
3½ guineas weekly.	Seaside.	L.B. & S.C. Ry.	
From 10/6 per day.	Inland.	3 minutes from L.N.W.R. Station, 2 minutes from G.W. Ry.	Porters sent to meet any train.
£2 2s. 0d. weekly.	Inland.	G.W. and Midland Rys.	Close to the Brine Baths. Extensive private gardens
10/6 per day inclusive.	Inland.	From London or via Birmingham by G.W. Ry.	
From 5/- to 9/- per day.	Inland.	G.W. Ry., Midland Ry.	Exceptionally good situation, 600ft. above sea level. Magnificent views. Good balcony and garden.
From 2 to 3 guineas, Winter; 2½ to 3½ Summer.	Inland.	G.W. Ry., Midland Ry. to Great Mal- vern Station.	Marlborough House has 6 sitting and 18 bedrooms, and visitors are received with or without board.
12/6 per day.	Inland.	G.W. Ry. and Midland Ry.	Droitwich, Brine and Turkish Baths attached.
10/6 per day.	Inland.	G.W. Ry. and Midland Railway.	
£2 2s. to £3 3s. per week.	Seaside.	N.E. Ry. via Driffeld.	Full sea view. Home com- forts. Good cuisine.

HOTELS—WALES.

Locality.	Name of Hotel.	Postal Address.	Telegrams.	No. of Beds
Yorkshire.	Crown Hotel.	Crown Hotel, Harrogate.	Crown Hotel. Harrogate.	300
..	Hotel Majestic.	Hotel Majestic, Harrogate.	Hotel Majestic, Harrogate.	300
..	Bay Hotel.	Robin Hood's Bay.	Fenby, Robin Hood's Bay.	4
..	Clarence Gardens Hotel.	Scarborough.	Clarence. Scarborough.	100
WALES.				
Brecknock.	The Cammarch Hotel.	The Cammarch Hotel, Llangammarch, Wells, Central Wales.	Cammarch, Llangammarch, Wells.	25
Cardigan.	Hotel Cambria.	Aberystwyth, Cardigan, Wales.	Hotel Cambria, Aberystwyth.	60
..	Cambrian Hotel and Hydro.	Borth, R.S.O., Cardiganshire.	Hohenberg, Borth.	78
Carmarthen.	Royal Oak.	Llanwrda, Carmarthen.		4 or 6
Carnarvon.	Pwllcrochan Hotel.	Colwyn Bay, North Wales.	Pwllcrochan, Colwyn-Bay. Nat. Telephone No. 13.	50

HOTELS—WALES.

Terms.	Seaside or Inland.	Means of Access.	Remarks.
On applica- tion to the Manager.	Inland.	G.N. Ry., N.E. Ry., Midland Ry., L. & Y. Ry.	Situated close to the Baths and Winter Gardens. Electric light throughout. Excellent cuisine.
12/6 per day, or £4 4s. weekly dur- ing winter months only.	Inland.	G.N. Ry., N.E. Ry., Midland Ry., Lane. & York. Ry.	Electric light. Lifts to all floors. Large stables for 60 horses. Large Winter Gardens; private band. Excellent cuisine.
7/6 per day, £2 10s. per week.	Seaside.	N.E. Ry.	Beautifully situated. Sea washing twice daily round the Hotel.
From 8/- per day.	Seaside.	N.E. Ry.	Immediately facing the sea. Finest and healthiest posi- tion in Scarborough.
WALES.			
From 2 to 2½ guineas per week.	Fashionable Inland Watering place.	L. & N.W. Ry. Through coaches daily from Euston.	First-class Fishing, 7 miles in preserved waters, also good mixed Shooting re- served for residential visitors.
From 10/6 per day.	Seaside.	Cambrian Ry.	
From 7/6 a day, en pension for a week, if less 1/- a day extra.	Seaside.	L. & N.W. Ry., G.W. Ry., Cam- brian Ry.	Most bracing air on this Coast.
£2 5s. per week.	Inland.	5 minutes from Station on G.W. Ry. and L. & N.W. Ry.	Cows and poultry kept. Everything home-made.
Moderate.	Seaside.	Colwyn Bay Station. Main line between Chester and Holy- head.	Late residence of Lady Erskine. First-class. Electric light throughout. Golf, Billiards, Tennis. Extensive grounds.

HOTELS—WALES.

Locality.	Name of Hotel.	Postal Address.	Telegrams.	No. of Beds
Carnarvon.	Queen's Hotel.	Old Colwyn, N. Wales.	Old Colwyn, N. Wales.	36
„	Imperial Hotel, Colwyn Bay.	Imperial Hotel, Colwyn Bay, North Wales.	Imperial, Colwyn Bay.	100
„	West End.	Pwllheli, North Wales.	Eady. Pwllheli.	70
„	Royal Victoria.	Llanberis, N. Wales.	Victoria, Llanberis.	50
„	Padarn Villa,	Llanberis, N. Wales.	Padarn. Llanberis.	28
„	Moon's Private Hotel.	Vaughan Street, Llandudno.	Moon's. Llandudno.	80
„	Imperial Hotel, Llandudno.	Imperial Hotel, Llandudno.	Chantrey, Llandudno.	120
„	Hotel Bellevue.	Trefriw, Carnarvonshire.	Bellevue, Trefriw.	36
Glamorgan.	Grand Hotel.	Westgate Street, Cardiff.	Grand Hotel. Cardiff.	20

HOTELS—WALES.

Terms.	Seaside or Inland.	Means of Access.	Remarks.
From 7/6 per day.	Seaside.	Old Colwyn Station on L. & N.W. Ry.	The climate is very bracing. Unrivalled sea and land views.
42/- to 62/-.	Seaside.	L. & N.W. Ry. viâ Chester.	There are Golf Links in the locality. Good sea and river fishing may be obtained.
Off season, £2 12s. 6d. Season, £3 3s.	Facing sea.	L. & N.W. Ry., G.W. Ry., Cam- brian Ry.	Finest beach in Wales. Sheltered from the North. Mild in winter. Highly recommended as a Winter Resort.
According to season.	Inland.	L. & N.W. Ry.	This place is very popular as centre of Snowdonia moun- tain and lake scenery. Fishing and lake boating, Coaching in season.
According to season.	Inland.	L. & N.W. Ry.	
35/- to 60/-.	Seaside.	L. & N.W. Ry.	
3 to 5 guineas according to season of year and accommo- dation.	Seaside.	L. & N.W. Ry. or steamer from Liver- pool.	No fogs. Genial weather. Mild in Winter and Spring. Dry atmosphere. Sandy soil.
3 to 4 guineas.	Inland.	L. & N.W. Ry. viâ Llandudno Jnc. to Llanrwst & Trefriw.	Chalybeate Springs and lovely climate.
Special moder- ate to residents weekly.	Bristol Channel Port.	G.W. Ry. Steamer from Bristol.	Facing river. Cricket, Foot- ball and other Sports Grounds. Most open healthy position.

HOTELS—WALES.

Locality.	Name of Hotel.	Postal Address.	Telegrams.	No. of Beds
Merioneth.	Orielton Hall.	Barmouth, N. Wales.	Orielton, Barmouth.	40
„	Plas Coch.	Bala, N. Wales.	Plas Coch, Bala.	16
„	White Lion Royal.	Bala, N. Wales.	Lion Hotel, Bala.	40
Monmouth.	The Three Salmons.	Salmons, Usk.	Salmons, Usk.	30
„	Angel.	Abergavenny.	Angel, Abergavenny.	23
Co. Neath.	Castle.	Neath, South Wales.	Andrews, Neath.	40
Pembroke.	Cawdor Arms.	Llandilo, South Wales.	Cawdor Arms, Llandilo.	15
„	Hilton Hotel.	Tenby.		10
„	Royal Gate House.	Tenby, South Wales.	Gregory, Tenby.	40
Radnor.	Gwalia Hotel.	Llandrindod, Wells.	Gwalia, Llandrindod, Wells.	
„	Bryn-Awel Hotel.	Llandrindod, Wells.	Brynawel, Llandrindod, Wells.	73
„	Lion Royal.	Rhayader, South Wales.	Lion, Rhayader.	24

HOTELS—WALES.

Terms.	Seaside or Inland.	Means of Access.	Remarks.
Oct. to Easter 2½ to 4½ gns. Easter to Oct. 3 to 5 guineas.	Seaside.	Viâ Paddington, G.W. Ry. through coach, or Euston, L. & N.W. Ry.	Large private Ground. Warm sheltered winter residence. Sanitation perfect. Near Post Office, Church, etc.
2½ guineas per week.	Inland.	G.W. Ry.	Mountain scenery. Good roads. Lake 4 miles long with boating and free fishing
Tariff on application.	Inland.	G.W. Ry.	530ft. above sea level. Brac- ing air, fine mountain scenery. Lake 4½ miles by 1 mile. Good boating, etc.
£3 3s. per week.	Inland. Riverside.	G.W. Ry.	Beautiful situation.
2/6. 1/-.	Inland.	G.W. Ry. L. & N.W. Ry.	
£3 3s. 0d.	Inland.	G.W. Ry.	In close proximity to the beautiful Neath Valley.
7/6 per day.	Inland.	G.W. Ry. and L. & N.W. Ry.	Billiard room, Coffee room, 2 Sitting rooms and Com- mercial room. Posting.
	Seaside.	G.W. Ry.	Close to the Railway Station.
Moderate, on application.	Seaside.	G.W. Ry.	Immediately overlooking sea, Splendid winter climate.
£2 12s. 6d. to £3 10s. weekly.	Inland.	L. & N.W. Ry. from Craven Arms.	Saline and Sulphurous Mineral Springs. Beautiful scenery. Boating, Golf, Fish- ing. Good roads for cycling.
From £2 5 6 per week.	Inland.	L. & N.W. Ry., Central Wales Branch.	Central and best position. Electric light throughout. Perfect sanitary arrange- ment.
From 6/6 per day.	Inland.	Cambrian Ry.	Near Birmingham Water Works. Good fishing on Wye Martig and Elan rivers

HOTELS—SCOTLAND.

Locality.	Name of Hotel.	Postal Address.	Telegrams.	No. of Beds
Aberdeen.	Invercauld Arms Hotel.	Ballater, near Balmoral, Deeside.	Proctor, Ballater.	55
„	Loirston.	Ballater, N.B.	Loirston, Ballater.	23
Argyll.	Great Western.	Oban, N.B.	Great Western, Oban.	150
„	Royal Hotel.	Oban, Argyll, N.B.	Royal Hotel, Oban.	60
„	Portsonachan Hotel, Portsonachan, Lochawe.	Portsonachan, Argyll, N.B.	Cameron, Portsonachan,	35
„	Tighnabruaich Temperance Hotel.	Tighnabruaich, Argyll, N.B.	Temperance Hotel, Tighnabruaich.	32
Ayr.	Station Hotel.	Station Hotel, Ayr, N.B.	Station Hotel, Ayr.	70
„	Waverley Temperance Hotel.	Waverley, Prestwick, near Ayr, N.B.		15
Bute.	Queen's.	Rothsay, Bute, N.B.	Queen's, Rothsay.	30

HOTELS—SCOTLAND.

Terms.	Seaside or Inland.	Means of Access.	Remarks.
Weekly or otherwise.	Inland.	G.N. Ry. of Scotland.	Admittedly the hills of Deeside are the healthiest and most frequented district of Scotland. <i>See advt. end of book.</i>
£2 2 to £3 3 according to time of year.	Inland.	G.N. of Scotland Ry. from Aberdeen.	First-class residential Hotel, under personal supervision of proprietor and wife. Visitors make long stays (up to 4 months at a time).
2½ to 4 gns., excepting from middle July to middle September.	Seaside.	Caledonian Ry. or steamer from Glasgow.	Oban is the great starting point for the Western Isles and Highlands. Climate equal to Torquay.
9/- to 12/- per day.	Seaside.	Rail or Steamer.	Facing the Bay.
£3 3s. per week, except Augt., £3 10s.	Inland, on Lochawe Fresh Water Lake	Railway to Lochawe Station and steamer "Caledonia," 1 hour's sail.	Telegraph office in Hotel. Good trout fishing free. Boats and steady boatmen always available.
From 25/- to 45/- weekly.	Seaside.	From Glasgow to Greenock or Gourock, thence Boat connection.	Sheltered from N. and E. winds. Mild climate in winter. Electric light on main road only.
On application.	Seaside.	Glasgow and S.W. Railway.	High-class cuisine. Modern improvements.
5/6 per day.	Near the Sea.	1 hour's rail from Glasgow, ½ an hour from Kilmarnock.	Near Shore and Golf Links. Cars pass to and from Ayr every 10 minutes.
En pension, 10/6 per day.	Seaside.	Steamer from Glasgow and Craighendran.	Mild climate. Beautiful scenery. Grand centre for steamer excursions on the Clyde.

HOTELS—SCOTLAND.

Locality.	Name of Hotel.	Postal Address.	Telegrams.	No. of Beds
Dumfries.	Station Hotel.	Station Hotel, Dumfries, N.B.	Station Hotel, Dumfries.	60
Glasgow.	St. Enoch.	St. Enoch's Hotel, Glasgow, N.B.	St. Enoch, Glasgow.	300
Nairn.	Washington Private Hotel.	Washington Private Hotel, Nairn, Scotland.	Washington, Nairn.	20
Perth.	Atholl Arms.	Atholl Arms, Blair Atholl, N.B.	Atholl Arms, Blair Atholl.	40
„	Scotland's Hotel.	Pitlochrie, N.B.	Scotland, Pitlochrie.	40
Roxburgh.	Abbey Hotel.	Melrose, N.B.	Abbey Hotel, Melrose.	40
„	George and Abbotsford Hotel.	Melrose, N.B.	George Hotel, Melrose.	60
Stirling.	Philp's Royal Hotel.	Bridge of Allan, Stirling, N.B.	Hotel, Bridge of Allan.	30
„	Carmichael's Private Hotel.	Bridge of Allan, N.B.	Carmichael's, Bridge of Allan.	20

HOTELS—SCOTLAND.

Terms.	Seaside or Inland.	Means of Access.	Remarks.
On application.	Inland.	Glasgow and S.W. Ry., Caledonian, Portpatrick and Wigtownshire Joint Ry.	Comfortable and convenient.
On application.	Inland.	L. & N.W. Ry., Caledonian Ry., Glasgow & S.W. Ry., North British Ry., Midland Ry.	High-class cuisine and wines. All modern conveniences.
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From 2½ guineas.	Inland.	Highland Ry. from Perth.	
On application. Boarding week or month.	Inland.	On direct route from Perth to Inverness.	First-class Family and Tourist Hotel. Boots await arrival of all trains. Headquarters of C.T.C.
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70/- per week.			
£3 to £3 10s. per week.	Inland.	Caledonian Ry.	First-class Family Hotel.
35/- to 45/- per week.	Inland.	Rail from any part.	Established for over 40 years and only changed management once. Hiring establishment in connection.

HOTELS—IRELAND.

Locality.	Name of Hotel.	Postal Address.	Telegrams.	No. of Beds
Donegal.	The Rosapenna Hotel.	Carrigart, Co. Donegal.	Manager, Rosapenna, Carrigart.	60
Co. Down.	Grand Hotel.	Bangor, Co. Down.		45
Dublin.	Metropole.	Dublin.	Metropole, Dublin.	120
Co. Cork.	Lake Hotel.	Killarney Lakes. Killarney.	Lake Hotel, Killarney.	90 to 100

HOTELS—Ireland.

Terms.	Seaside or Inland.	Means of Access.	Remarks.
From 10/6 to 12/- per day, or £3 3s. to £4 4s. per wk.	Seaside.	To Londonderry, thence viâ Rathmullen or Creeslough	Fishing, Golfing, Sea Bathing, Tennis.
£2 2s. per week.	Seaside.	Boat and Rail from Belfast.	A modern, first-class Hotel with every accommodation.
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£2 12 6 to £4 7 6, according to season.	Inland.	Great Southern and Western Ry. Hotel omnibus attends all trains.	In its own grounds, about 60 acres, beautifully wooded, plenty of space. Braeing yet sheltered from harsh winds. Hot and cold needle baths.

HOTELS—CHANNEL ISLANDS.

Locality.	Name of Hotel.	Postal Address.	Telegrams.	No. of Beds
Guernsey.	Old Government House Hotel.	Guernsey, Channel Islands.	Gov. Guernsey.	200
Jersey.	Grand Hotel, Jersey.	Grand Hotel, Jersey.	Grand, Jersey.	120
„	Halketh Hotel, Jersey.	Halketh Hotel, Jersey.	Halketh Hotel, Jersey.	43
„	The Somerville and St. Aubin's Hotel.	St. Aubin's, Jersey.	Somerville Hotel, Jersey.	30
„	The Southampton Hotel.	Jersey.	Brevity, Jersey.	25
Sark.	Dixcart Hotel.	Sark, Channel Islands.	Vier, Guernsey.	30

HOTELS - CHANNEL ISLANDS.

Terms.	Seaside or Inland.	Means of Access.	Remarks.
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10/6 daily.	Facing the sea.	By Boat from South- ampton, Weymouth, St. Malo and Gran- ville.	The only modern Hotel and facing the sea in St. Heliers, Jersey. <i>See advt. at end of book.</i>
7/6 to 10/6 according to size and posi- tion of room.	Main street of town, 3 mins. from sea and beach.	Mail steamers from Southampton or Weymouth or Trader from London.	Excursions are organized daily to all parts of the Island, which abounds in varied and charming scenery
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